**NEEDS / VALUES**

Universal Needs – Besides essential requirements for physical survival, such as air, food, sleep, etc. all human beings, across all cultures, share some basic needs in order to thrive.

**INDEPENDENT NEEDS** **AUTONOMY**

Acceptance and **AUTHENTICITY**

Inclusion Autonomy

Appreciation Integrity

Compassion Authenticity (to be true to

Connection oneself)

Consideration

To know you matter **CLARITY** and

Community **AWARENESS**

Empathy Understanding

Honesty Clarity

Warmth Awareness

Closeness

Intimacy **PURPOSE** and

Self-respect **EFFECTIVENESS**

Respect

Support Contribution

Nurturance Meaning

Trust Purpose

Reassurance Growth

Understanding Effectiveness

Visibility (to be seen) Creativity

**SAFETY** and **REST** and **PLAY**

**RELIABILITY** Play

Safety Enjoyment

Security Challenge

Consistency Fun

Celebration

**HARMONY** and **BALANCE** Mourning

Beauty, Order, Peace, Inspiration