The Six Human Needs

1. Certainty

Able to move towards pleasure and away from pain

2. Uncertainty

Stimuli to try something new and to change

3. Growth

The opportunity to develop and learn, to feel a sense of achievement

4. Connection

A strong feeling of closeness with other people

5. Significance

Feeling that we matter, that we are unique and important

6. Contribution

A sense of participation, helping and giving

