

# The Six Core Needs

## **CERTAINTY**

(safety, comfort, stability, routine)

## **UNCERTAINTY/VARIETY**

(excitement, challenge, adventure, change, new things)

## **SIGNIFICANCE**

(respect, feeling  
understood/appreciated/special/important)

## **CONNECTION**

(love, belonging, feeling of closeness)

## **GROWTH**

(learning, expansion of capability, awareness and  
understanding)

## **CONTRIBUTION**

(service, helping others, giving back)

## *4-step process*

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1. Pause, breathe, connect into your body, name the emotion
2. Ask yourself the question: "What do I really need right now?"
3. Say this out loud to yourself, eg "I need some more certainty right now/or I need some more stability and security right now."
4. Ask yourself: What is one small and easy thing I can do right now to have more (insert need here).