

Food	I want to eat/drink.
Movement	I want to move.
Protection	I want to be protected.
Rest	I want to rest.
Relaxation	I want to relax.
Health	I want to be healthy.
Safety	I want to be safe.
Autonomy	I want to decide for myself what I do and how I do it.
Authenticity	I want to be myself.
Integrity	I want to stand by my actions.
Respect	I want my value and significance to be seen.
Honesty	I want to be honest with each other.
Security	I want to be secure.
Order	I want to find my way around.
Clarity	I want to know what is happening.
to understand	I want to understand.
Development	I want to grow and evolve.
Sense of purpose	I want to do things that make sense.
Effectiveness	I want to do things that are effective to bring me closer to my goal.

Efficiency	I want to achieve my goal with as little effort as possible.
Contribution	I want to contribute.
Creativity	I want to live out and realize my own ideas.
Inspiration	I want to be inspired.
Harmony	I want things to be in harmony.
Joy	I want to enjoy life.
Ease	I want it to be easy and straightforward.
Fun	I want to be happy and laugh.
Empathy	I want to be heard and seen.
Closeness	I want to be close to someone.
Love	I want to be loved and love.
Connection	I want to be connected to others.
Community	I want to be part of it and be connected to others.
Belonging	I want to be able to identify with something.
to be understood	I want to be understood.
Trust	I want to trust in something/someone.
Acceptance	I want to be accepted.
Appreciation	I want to be seen as valuable.
Support	I want someone to support me.
Relief	I want someone to take something off my hands.
Consideration	I want to be considerate with each other.