

Meeting your 5 Fundamental Needs

When your fundamental needs are met, you function better and have the resources on board to meet the challenges in life. So what makes up our fundamental needs? Here's my list.



Safety

When you experience safety, you can truly rest and you are in the best position to take risks and grow.

Freedom

We seek freedom from the things that **burden us**; those things that weigh us down.

We seek freedom from the things that **bind us**; those things that shackle and entrap us.

Happiness

Happiness is important in our life in all its forms and shades. I'm using a broad definition of happiness here to include

- peacefulness, curiosity, wonder, hope, joy etc
- Intrinsic and extrinsic happiness
- The frivolous and shallow, and the profound moments.

Love

We look for connection and belonging to others, to pets, and to things like nature.

Meaning

We need things that give us meaning and purpose. Our values are an important part of this.

So how do you go on each of these in your life? Which ones are important to you? Which ones are not so important? Would you include any others in your list?

Which ones would you like to strengthen and build?

There's heaps of ways to build ourselves in each of these areas. One general rule of thumb that works for many people is that...



'To improve your outcome in a particular area, find small ways to build it into your everyday life'

- Notice where you are safe and what brings a sense of safety
- Enjoy the small moments of happiness,
- When you feel yourself tighten up, focus on a sense of freedom
- Give to yourself and others small acts of kindness and love
- Remind yourself of your values and how you enact them in your life

I hope your needs of safety, freedom, happiness, love and meaning are being met and more. Go well,

Peter