

## Anthony Robbins 6 Human Needs:

1. **CERTAINTY/COMFORT:** We all want comfort. And much of this comfort comes from certainty. Of course there is no absolute certainty, but we want certainty the car will start, the water will flow from the tap when we turn it on and the currency we use will hold its value.
2. **VARIETY:** At the same time we want certainty, we also crave variety. Paradoxically, there needs to be enough Uncertainty to provide spice and adventure in our lives.
3. **SIGNIFICANCE:** Deep down, we all want to be important. We want our life to have meaning and significance. We want to have made an impact somewhere and be sure we matter.
4. **CONNECTION/LOVE:** It would be hard to argue against the need for love. We want to feel part of a community. We want to be cared for and cared about.
5. **GROWTH:** There could be some people who say they don't want to grow, perhaps they're fearful of doing so- or perhaps not doing so. We are constantly growing by becoming better, improving our skills, stretching and excelling, we do all of these things.
6. **CONTRIBUTION:** The desire to contribute to something of value- to help others, to make the world a better place than when we found it is in all of us.

From reading the descriptions of each of the human needs above, score yourself on a scale of 1-10 of how much of that need is being fulfilled for yourself right now. 1= extremely unfulfilled, 10= extremely fulfilled.

Now score yourself with the same scale on how you would like those scorings to be. Allow this to help you think of ways you could gain that fulfilment, whether it may be changing some of your habits, behaviours or language.

	How do you score currently? (10=max, 0=min)	What is your goal score? (10=max, 0=min)	The reasons for your scores...
Certainty			
Uncertainty			
Significance			
Love/connection			
Growth			
Contribution			

Use the space below to think about the actions you'd like to take to achieve your goal scores: