

The Six Human Needs



Understanding what drives everything you do

S.E.L.F. L.O.V.E. Transformational Project

About This Session

Anthony Robbins' Six Human Needs framework reveals the hidden motivations behind almost all human behaviour. Understanding which needs drive you most and how you are currently meeting them is a powerful key to self-understanding.

The Six Human Needs

*Every human action is an attempt to meet one or more of the Six Human Needs.
Understanding yours is a gateway to understanding almost all of your behaviour.*

Score My Six Human Needs

Rate how much each need drives your behaviour (1 = rarely, 10 = constantly).

Certainty (safety, comfort, predictability)

1	2	3	4	5	6	7	8	9	10
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Variety (change, excitement, novelty)

1	2	3	4	5	6	7	8	9	10
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Significance (feeling important, unique, needed)

1	2	3	4	5	6	7	8	9	10
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Love & Connection (intimacy, belonging, togetherness)

1	2	3	4	5	6	7	8	9	10
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Growth (learning, expanding, evolving)

1	2	3	4	5	6	7	8	9	10
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Contribution (giving, serving, making a difference)

1	2	3	4	5	6	7	8	9	10
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My Primary Need and How I Meet It

My highest-scoring need is _____. Complete the sections below.

Healthy ways I meet this need:

Unhealthy or limiting ways I meet this need:

Unmet Needs

Which needs feel chronically unmet in your life right now? What impact is this having?

New Healthy Ways to Meet My Dominant Need

List 5 new, healthy, life-enhancing ways you can meet your primary need starting this week.

Meditation Reflection

After today's meditation, note: what came up? What did you notice in your body, emotions, or thoughts?

Reflection Questions

1. Which need surprised you most when you saw it clearly?

2. How might your dominant need be influencing your most important relationships?

3. Where is your need for certainty holding back your growth?

4. What one shift in how you meet your needs could most improve your life?

My Notes
