



# BE UNSTOPPABLE

COACHING



## Human Needs United

Tool and Worksheet





## Human Needs United

*For the Ultimate Motivating Force*

Raising our self-awareness regarding our own human needs and how they influence our decisions, behaviour, relationships and life fulfillment, is a great first step to personal and professional improvement. Setting targeted goals to improve each area was done in the previous 'human needs' worksheet given to you.

'Human Needs United' is about discovering activities and circumstances that meet all of your needs simultaneously at a high level, giving you the ultimate feeling of satisfaction, happiness and achievement. Identifying a few things that meet all your needs will fill you with 'drive', passion and energy towards your goals.

### HUMAN NEEDS - THE MOTIVATING FORCE

ASSURANCE	CONNECTION	SIGNIFICANCE	FULFILLMENT
<ul style="list-style-type: none"> <li>Basic Survival Needs</li> <li>Security Needs</li> <li>Personal Safety</li> <li>Emotional Safety</li> <li>Financial Safety</li> </ul>	<ul style="list-style-type: none"> <li>All Types of Relationships</li> <li>Love - Personal</li> <li>Spiritual</li> <li>Work - Social - Global</li> <li>Relationships</li> </ul>	<ul style="list-style-type: none"> <li>Recognition - Respect</li> <li>Acceptance - Understanding</li> <li>Confidence - Individuality</li> <li>Achievement</li> <li>Freedom of Choice</li> </ul>	<ul style="list-style-type: none"> <li>Personal Growth</li> <li>Achieving One's Full Potential</li> <li>Contribution to Others</li> </ul>

Consider activities that you currently do or have previously done, where you were fully immersed, doing it was effortless, without noticing time passing, due to enjoyment and engagement. List the activities below and on a scale of 1 (low) to 10 (high), rate how much that activity met your need in each area.

ACTIVITY	Assurance	Connection	Significance	Fulfillment



*ACTIVITIES THAT DO NOT FULFILL OUR NEEDS ...*

When we engage in activities that we dislike, procrastinate about or avoid altogether, it is usually because they are not meeting our needs, and as such deemed as unimportant tasks, even though they serve a purpose to something or someone. List the activities that you dislike, procrastinate about or avoid below and on a scale of 1 (low) to 10 (high), rate how much that activity met your need in each area.

ACTIVITY	Assurance	Connection	Significance	Fulfillment

In order to shift our perception towards tasks we dislike or avoid, we need to give them a different meaning and connect them to something that fulfills our needs in some way. Choose an activity from the list above and answer the following questions (*repeat this process for all activities*).

*What part of the assurance need can be met by doing this activity? Who will this impact?*

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*How can I strengthen my connections and relationships by doing this activity? Who will this impact?*

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*What level of importance can I give this activity and how will it positively impact me?*

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*How can this activity contribute to the fulfillment need? Who will this impact?*

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