



Autonomy

Being the cause of your actions and feeling that you can do things your own way.

Rather than feeling as though external conditions and other people determine your actions.



Beauty

Feeling that the world is a place of elegance, coherence and harmony.

Rather than feeling that the world is disharmonious, unappealing or ugly.



Comfort

Having an easy, simple, relaxing life.

Rather than experiencing strain, difficulty or overstimulation.



Community

Being part of and accepted by a social group or entity that is important to you.

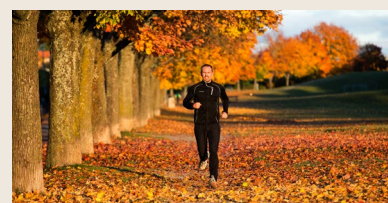
Rather than feeling you do not belong anywhere and have no social structure to rely on.



Competence

Having control over your environment and being able to exercise your skills to master challenges.

Rather than feeling that you are incompetent or ineffective.



Fitness

Having and using a body that is strong, healthy, and full of energy.

Rather than having a body that feels ill, weak, or listless.



Impact

Seeing that your actions or ideas have an impact on the world and contribute to something.

Rather than seeing that you have no influence and do not contribute to anything.



Morality

Feeling that the world is a moral place and being able to act in line with your personal values.

Rather than feeling that the world is immoral and your actions conflict with your values.



Purpose

Having a clear sense of what makes your life meaningful and valuable.

Instead of lacking direction, significance or meaning in your life.



Recognition

Getting appreciation for what you do and respect for who you are.

Rather than being disrespected, underappreciated or ignored.



Relatedness

Having warm, mutual, trusting relationships with people who you care about.

Rather than feeling isolated or unable to make personal connections.



Security

Feeling that your conditions and environment keep you safe from harm and threats.

Rather than feeling that the world is dangerous, risky or a place of uncertainty.



Stimulation

Being mentally and physically stimulated by novel, varied, and relevant impulses and stimuli.

Rather than feeling bored, indifferent or apathetic.

Fundamental needs

Need	Explanation	Sub-needs	Examples of need fulfillment	Fulfilled in work	Pushed, can lead to
AUTONOMY	Being the cause of your own actions and feeling that you can do things your own way. Rather than feeling as though external conditions and other people are the cause of your actions.	Need for freedom of decision Need for individuality Need for creative expression Need for self-reliance	Being free to make your own decisions in life Going against other people's opinion for something you believe in. Being able to use your creativity in your life's actions	<i>I get the freedom to do my work the way I want to.</i>	Obstinate Antisocial
BEAUTY	Feeling that the world is a place of elegance, coherence and harmony. Rather than feeling that the world is disharmonious, unappealing or ugly.	Need for unity and order Need for elegance and finesse Need for artistic experiences Need for natural beauty	Enjoying the beauty of a well-designed garden. Being moved by fine arts. Being pleased by the details of an elegantly crafted piece of furniture.	<i>In my work, beauty is valued as a quality of my output.</i>	Extravagance Over-groomed
COMFORT	Having an easy, simple, and relaxing life. Rather than experiencing strain, difficulty, or overstimulation.	Need for peace of mind Need for convenience Need for simplicity Need for overview and structure	Sitting back in your chair at the end of a hectic workday; Having someone else organize your entire home moving; Filling out a simple and clear form	<i>My work is manageable and stress-free.</i>	Indolence Hyper-sensitive
COMMUNITY	Being part of and accepted by a social group or entity that is important to you. Rather than feeling you do not belong anywhere and have no social structure to rely on.	Need for social harmony Need for affiliation (group identity) Need for rooting (tradition, culture) Need for conformity (fitting in)	Being part of a group that you can rely on (e.g. family, friends); Behaving in accordance to the rules and values of your group; Identifying with a certain group (e.g. a profession, club, country)	<i>I am part of a renowned organisation with proud members.</i>	Submission Mindlessness
COMPETENCE	Having control over your environment and being able to exercise your skills to master challenges. Rather than feeling that you are incompetent or ineffective.	Need for knowledge and achievement Need for challenge Need for environmental control Need for skill progression	Winning a tennis match Managing your finances well Believing that you are a good parent	<i>My work challenges me and lets me use my skills.</i>	Perfectionism Control-freak
FITNESS	Having and using a body that is strong, healthy, and full of energy. Rather than having a body that feels ill, weak or restless.	Need for nourishment Need for health Need for energy and strength Need for hygiene	Feeling energetic after physical exercises Feeling fit after a good night's sleep Feeling satiated after a nutritious meal	<i>My work lets me be active and healthy.</i>	Health-freak Self-indulgence
IMPACT	Seeing that your actions or ideas have an impact on the world and contribute to something. Rather than seeing you have no influence and do not contribute to anything.	Need for influence Need for contribution Need for building something Need for legacy	Seeing everyone happy at the party you organized Seeing your letter to a newspaper published Seeing your garden develop	<i>I can see the impact of my work in the lives of people.</i>	Megalomania Meddlesome
MORALITY	Feeling that the world is a moral place and being able to act in line with your personal values. Rather than feeling that the world is immoral and your actions conflict with your values.	Need for having guiding principles Need for acting virtuously Need for a just society Need for fulfilling duties	Fulfilling your duties as a father Seeing that a game is played fairly Passing on the value of generosity to your children	<i>My work helps me promote my personal values.</i>	Zealotry Unforgiving
PURPOSE	Having a clear sense of what makes your life meaningful and valuable. Rather than lacking direction, significance or meaning in your life.	Need for life goals and direction Need for meaningful activity Need for personal growth Need for spirituality	Finding meaning in life through religion Knowing where a relationship is going Spending time to keep up with world affairs	<i>My job fits well with my personal interests and ambitions.</i>	Restlessness Madness
RECOGNITION	Getting appreciation for what you do and respect for who you are. Rather than of being disrespected, under appreciated or ignored.	Need for appreciation Need for respect Need for status and prestige Need for popularity	Being commended for your volunteer work Getting positive attention with your new clothes Being treated politely at the store	<i>My work provides me with a certain status and position.</i>	Attention-sucker Pretension
RELATEDNESS	Having warm, mutual, trusting relationships with people who you care about. Rather than feeling isolated or unable to make personal connections.	Need for love and intimacy Need for camaraderie Need to nurture and care Need for emotional support	Having close contact with people that you care for (and care for you); Having a special relationship with people that are important to you; Having people in your life who know exactly who you are	<i>I have a close connection with my colleagues.</i>	Over-dependance Separation anxiety
SECURITY	Feeling that your conditions and environment keep you safe from harm and threats. Rather than feeling that the world is dangerous, risky or a place of uncertainty.	Need for physical safety Need for financial security Need for social stability Need for conservation	Having enough money to face a potential crisis Exercising familiar habits and rituals Living in a stable and safe environment	<i>My job is steady and dependable.</i>	Over-protective Fear of change
STIMULATION	Being mentally and physically stimulated by novel, varied, and relevant impulses and stimuli. Rather than feeling bored, indifferent or apathetic.	Need for novelty Need for variation Need for play Need for bodily pleasure	Gratifying the senses (e.g. enjoying good food) Having stimulating aesthetic experiences (e.g. art) Going out to a new club	<i>My work is varied and interesting.</i>	Thrill-addiction Substance-abuse