

# Needs Inventory

A 'starter' tool for helping facilitate deeper self (and team) discovery, for the sake of shared understanding, connection, and positive impact in our relationships.

## AUTONOMY

- Choice
- Freedom
- Independence
- Space
- Spontaneity

## CELEBRATION

- Joy
- Mourning
- Play
- Recognition
- Humour

## COMPETENCE

- Efficiency
- Effectiveness
- Growth
- Learning
- Power

## CONNECTION

- Acceptance
- Closeness
- Empathy
- Inclusion
- Community

## MEANING

- Contribution
- Creativity
- Hope
- Purpose
- Inspiration

## SECURITY

- Consistency
- Order
- Protection
- Safety
- Stability

## PEACE

- Beauty
- Ease
- Wholeness
- Harmony
- Flow

## UNDERSTANDING

- Awareness
- Curiosity
- Clarity
- Discovery
- Stimulation