



Client Worksheet: Understanding and Applying the 6 Human Needs

This worksheet will help you reflect on how the **6 Human Needs** impact your life in three key areas: **Relationships, Career, and Health Habits**. Use this tool to identify gaps, set goals, and take actionable steps toward fulfillment.

The 6 Human Needs

1. **Certainty:** The need for safety, stability, and predictability.
 2. **Variety:** The desire for excitement, novelty, and change.
 3. **Significance:** The need to feel important, valued, or special.
 4. **Love and Connection:** The longing for relationships, belonging, and intimacy.
 5. **Growth:** The drive for personal and professional development.
 6. **Contribution:** The need to give back and make a difference in others' lives.
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Part 1: Self-Assessment

1. Relationships

Reflect: How well do your relationships meet each of the six needs? Rate each on a scale of 1 to 10.

Need	Rating (1-10)	Examples or Notes
Certainty		
Variety		
Significance		
Love & Connection		
Growth		
Contribution		

Questions to Explore:

- Which needs are being fulfilled, and which are lacking?
 - What changes could improve the balance of these needs in your relationships?
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2. Career

Reflect: How well does your current job or career fulfill these needs? Rate each on a scale of 1 to 10.

Need	Rating (1-10)	Examples or Notes
Certainty		
Variety		
Significance		
Love & Connection		
Growth		
Contribution		

Questions to Explore:

- Are you satisfied with how your work meets these needs?
 - What steps could you take to make your career more fulfilling?
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3. Health Habits (e.g., Exercise)

Reflect: How well do your health habits align with the six needs? Rate each on a scale of 1 to 10.

Need	Rating (1-10)	Examples or Notes
Certainty		
Variety		
Significance		
Love & Connection		
Growth		
Contribution		

Questions to Explore:

- Do your health habits inspire and energize you?
 - How can you introduce more variety, significance, or connection to these routines?
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Part 2: Goal Setting

Instructions: Use the insights from your self-assessment to set one or two specific goals in each area.

1. Relationships

- Goal 1: _____
- Goal 2: _____

2. Career

- Goal 1: _____
- Goal 2: _____

3. Health Habits

- Goal 1: _____
 - Goal 2: _____
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Part 3: Action Plan

Instructions: Outline one small, actionable step you can take this week to start addressing gaps and fulfilling unmet needs.

Relationships

- Action Step: _____

Career

- Action Step: _____

Health Habits

- Action Step: _____
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Reflection Questions

1. Which needs are most important to you right now, and why?
 2. How would your life change if all six needs were consistently met?
 3. What support or resources do you need to make these changes?
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By completing this worksheet, you're taking the first steps toward a more balanced, fulfilling life. Keep revisiting your goals and action steps to stay aligned with your needs and priorities.