



7 Needs for Happiness...A Pathway Into Personal Fulfillment

7 - Building The Future: Vision, Conviction, & Courage are each essential to this need. Only when each of the preceding 6 needs have been self-fulfilled can the exploration of this need truly begin as the ability to work free from distraction is the ultimate necessity. This is true Freedom.

6 - Identity: There is an essential need to belong to something greater than ourselves and, within belonging, to know we are not alone. Life very well may be pursuit of finding like minds & hearts.

5 - To Be Heard: In a world that grows faster as it grows more indifferent, we desire to feel that we matter. When we feel as though we aren't being heard, the louder (or more muted) we become. But when feeling heard the truth of who we are shines through.

4 - To Love & Be Loved: We desire to be loved in the way that feels 'right', 'appreciated', 'accepted', 'effortless' ...to have conversations without words...to be understood...to be loved.

3 - Purpose: Deep down (or not so deep) we all desire to feel significant; to ourselves, to our life partners and to the world at large. We desire to feel that our lives have meaning and will have meaning even after we are gone. Being committed to a daily purpose satisfies this need.

2 - Supportive Security: It all comes down to trust. Can we trust that life is perfect even when it doesn't feel that way? And that everything will be ok? Can we trust the people we love to have our best interests in heart & mind? Can we trust in ourselves to overcome life's adversities?

1 - Newness: We are designed to be creative sponges in constant need of new sources of stimulation as nourishment for the brain. Variety, Creativity & Freedom to Change are life's gifts.