A GUIDED WORKBOOK

The Human Needs Blueprint

What drives your behaviour, and how to create more fulfilment from within.

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WELCOME

What drives your behaviour?

How to create more fulfilment from within.

We all have needs.

Not just physical needs like food, water and sleep, but psychological and emotional needs that shape the choices we make, the relationships we create and the behaviours we repeat.

This workbook will help you see which needs matter most to you, how you're meeting them, and how to fulfill them from within.

> *"We're only as needy as our unmet needs."*
>
> — JOHN BOWLBY

Understanding human needs is half the job of meeting them.

Ready? Let's get started!

The Six Human Needs

You have all six. What changes from person to person is which two are strongest, and the strategies and rules we develop for meeting them.

01

CERTAINTY

The need to feel safe, secure, stable and like you have some sense of control over what's happening.

02

VARIETY

The need for change, novelty, uncertainty, challenge, stimulation and surprise.

03

SIGNIFICANCE

The need to feel valued, important, worthy, unique or that you matter.

04

LOVE & CONNECTION

The need to feel connected, loved, accepted, understood and part of something.

05

GROWTH

The need to learn, develop, improve and become more.

06

CONTRIBUTION

The need to give, help, serve and contribute to something beyond yourself.

Circle the two that feel loudest for you right now.

My top two:

Every behaviour is meeting a need

Behind everything we do and feel is a need we're trying to fill. We meet our needs in two ways.

1. THROUGH OUR ACTIONS

Two completely opposite behaviours can meet the same need.

WHAT I DO / FEEL		WHAT IT GIVES ME		NEED
Go to the gym every morning	→	A repeatable, predictable experience	→	CERTAINTY
Smoke a cigarette	→	A repeatable, predictable experience	→	CERTAINTY

Very different behaviours. Same need. One supports your health, one doesn't.

2. THROUGH OUR EMOTIONS

Feelings can meet needs too, often without us realizing.

WHAT I DO / FEEL		WHAT IT GIVES ME		NEED
Get angry	→	People get louder, pay attention and listen	→	SIGNIFICANCE
Feel sad	→	People move closer and take care of me	→	CONNECTION

So the key question isn't "what's wrong with me?" It's:

> *What need is this behaviour or feeling meeting, and is it good for me, the people around me and the bigger picture?*

Positive, neutral or negative?

There are many ways to meet the same need. What matters is the strategy. Here's **significance** as an example:

POSITIVE

Fills the need and supports your life

Recognizing your own progress

Developing mastery

Taking on meaningful challenges

Contributing

Living by your values

NEUTRAL

Fills the need, little impact either way

Titles

Status

Competition

Recognition

NEGATIVE

Feels good now, costs you later

Constant comparison

Needing to be right

Seeking validation

Putting others down

Overworking to prove yourself

> *Same need. Different strategy.*

All of these are chasing the same feeling. Some strategies support your life, some do nothing, and some create a bigger problem somewhere else.

THE SAME BEHAVIOUR CAN MEET DIFFERENT NEEDS

Take working late. For one person it's **growth**. For another it's **significance**, **certainty** or **contribution**. So don't use these examples to label yourself. Use them to get curious.

How are you meeting yours?

Start with your top two needs. Then add any others that come to mind. What do you do to meet each one, and is it positive, neutral or negative?

NEED	WHAT I DO TO MEET IT	STRATEGY
		☐ Positive ☐ Neutral ☐ Negative
		☐ Positive ☐ Neutral ☐ Negative
		☐ Positive ☐ Neutral ☐ Negative
		☐ Positive ☐ Neutral ☐ Negative
		☐ Positive ☐ Neutral ☐ Negative
		☐ Positive ☐ Neutral ☐ Negative

What do I notice?

Your Subconscious Rules

We also create personal rules around our needs. A rule is a condition we've set for feeling a certain way. For example:

"I feel significant when I'm successful."

"I feel loved when people need me."

"I feel certain when I'm in control."

"I feel connected when I'm making other people happy."

You probably never decided these consciously. You learned what made you feel a certain way, and your brain connected the dots. Over time they become automatic.

And when you don't get what you believe you need, you may feel anxious, rejected, restless, unimportant, disconnected or stuck.

So here's something worth considering...

What has to happen for *you* to feel...

There are no right answers. Just notice what comes up.

Certain and safe?

Excited?

Significant?

Connected?

Like you're growing?

Like you're making a difference?

Look at your answers. How many depend on something outside of you?

When the outside world becomes the source

There's nothing wrong with meeting your needs through other people or your circumstances. A stable income creates certainty. A close friend creates connection. Helping someone creates contribution.

The problem comes when one outside thing becomes the *only* way you know how to feel a certain way. Then your emotional state depends on things you don't fully control.

If your significance depends on recognition...

What happens when nobody notices?

If your connection depends on someone else's attention...

What happens when they're unavailable?

If your certainty depends on knowing exactly what will happen...

What happens when life throws you a curveball?

If your growth depends on constantly achieving...

What happens when you reach the goal?

This isn't about needing nobody. It's about having more than one way to meet each need. The more ways you have, the less you depend on one person, achievement or outcome.

And that gives you something incredibly valuable:

Choice.

FROM WITHIN

Meeting your needs from within

You can create many of the feelings you're looking for without waiting for the outside world to provide them first.

Not perfectly, not all the time, and not without other people. But enough that you're no longer at the mercy of circumstances. Let's look at each need.

01 Certainty

02 Variety

03 Significance

04 Love & Connection

05 Growth

06 Contribution

01

MEETING YOUR NEEDS FROM WITHIN

Certainty

Creating a sense of certainty within yourself

Feeling safe, secure and like you can handle what's ahead.

Certainty is feeling safe, secure and able to handle what's ahead.

You can plan, prepare and build routines, but life will still surprise you. So the most powerful way to create certainty from within is to stop needing to know exactly what will happen. Build it around this instead:

> *"I can handle what happens."*

WHAT CAN THIS LOOK LIKE?

1. **Keep promises to yourself**
   Every time you follow through, you build trust with yourself.

2. **Prepare without needing control**
   Planning creates stability. Trying to control every outcome usually creates the opposite.

3. **Create grounding routines**
   Simple rituals give your nervous system familiarity and stability.

4. **Build skills**
   The more capable you become, the more proof you have that you can handle challenges.

5. **Get comfortable with uncertainty**
   You don't need to know how everything will unfold to know you'll figure out the next step.

Your turn

Where am I trying to control the outside world in order to feel safe?

What would it look like to build more trust in myself instead?

> TRY THIS WEEK
>
> Make one small promise to yourself and keep it.

02

MEETING YOUR NEEDS FROM WITHIN

Variety

Creating stimulation instead of waiting for life to entertain you

Our need for change, novelty, challenge and surprise.

Variety is our need for change, novelty, challenge and surprise.

Sometimes we create it in healthy ways:

- Travel
- Learning
- Taking on challenges
- Trying new things
- Meeting new people

And sometimes we create it without realizing:

- Drama
- Impulsive decisions
- Conflict
- Constantly changing direction

If you get restless when things become predictable, ask:

Do I need to blow things up... or do I simply need some novelty?

CREATE VARIETY ON PURPOSE

- Try a new class
- Learn something unrelated to your work
- Plan an adventure
- Try something you're terrible at
- Take a different route
- Change your environment
- Have a conversation you've never had
- Say yes to something unexpected

You don't need to manufacture chaos to feel alive.

Your turn

Where has boredom been pushing me toward choices that don't actually serve me?

What could I introduce into my life that would create healthy variety?

> TRY THIS WEEK
>
> Do one thing you've never done before, even something small.

03

MEETING YOUR NEEDS FROM WITHIN

Significance

Creating a sense of worth without needing to prove it

Our need to feel that we matter.

Significance is our need to feel that we matter.

It's easy for this one to become dependent on other people: recognition, success, status, being needed, being right. None of these are bad. But if you need them to feel worthy, you can spend your life trying to prove something that was never yours to prove.

YOU CAN CREATE SIGNIFICANCE FROM WITHIN

1. **Recognize your own progress**
   We're quick to notice what's missing. Pause and notice what's already true: "Look at what I've built. Look how far I've come."

2. **Keep promises to yourself**
   Doing what you said you would do builds self-respect.

3. **Develop mastery**
   Get better at something because it matters to you.

4. **Do difficult things**
   Challenge yourself and collect evidence that you're capable.

5. **Live by your values**
   There's a particular significance in living in a way you respect.

6. **Contribute without needing credit**
   Making a difference matters even when nobody knows it was you.

Your turn

Where am I looking outside myself for proof that I matter?

What would change if I stopped trying to prove my worth and started recognizing it?

> TRY THIS WEEK
>
> Each evening, write down one thing you're proud of.

04

MEETING YOUR NEEDS FROM WITHIN

Love & Connection

Creating connection instead of waiting to be chosen

Our need to love and be loved, understood, accepted and part of something.

We're not meant to meet this need entirely on our own.

Relationships matter enormously here. But you can strengthen your experience of connection without depending on someone else behaving exactly the way you want.

START WITH YOUR RELATIONSHIP WITH YOURSELF

- Talk to yourself like someone you care for
- Allow yourself to be known
- Set boundaries that make relationships safer and more honest
- Listen to what you actually need
- Say how you feel instead of expecting people to guess

THEN, INITIATE CONNECTION

- Text first
- Plan the dinner
- Tell someone you appreciate them
- Be vulnerable
- Call the friend
- Join the community
- Ask the deeper question
- Give affection

Sometimes we're waiting for someone else to create the connection we're craving, when we could be the one who creates the moment.

Your turn

Where am I waiting to be chosen, contacted, understood or loved?

What is one small act of connection I could initiate myself?

> TRY THIS WEEK
>
> Reach out first to one person: a text, a call, a coffee.

05

MEETING YOUR NEEDS FROM WITHIN

Growth

Keep becoming

Our need to learn, develop and become more.

There is always another layer.

Another skill, another perspective, another version of you. But growth doesn't have to mean chasing the next achievement. You can grow internally too.

CREATE GROWTH ON PURPOSE

- Read something that challenges your thinking
- Learn a new skill
- Have the conversation you've been avoiding
- Change your mind when new information appears
- Learn from mistakes instead of treating them as proof you're failing
- Ask for feedback
- Try something you're not good at
- Reflect on your patterns
- Do something that scares you a little

GROWTH ISN'T ALWAYS ABOUT BECOMING MORE

Sometimes growth is letting go.

Sometimes it's slowing down.

Sometimes it's realizing something you believed isn't true anymore.

Sometimes it's getting more comfortable with who you already are.

Your turn

Where am I currently growing?

Where have I stopped challenging myself?

What would stretch me in a meaningful way right now?

> TRY THIS WEEK
>
> Pick something you've been avoiding and take the smallest first step.

06

MEETING YOUR NEEDS FROM WITHIN

Contribution

Create meaning through what you give

Our need to give beyond ourselves: to help, to serve, to leave things better than we found them.

Contribution can be incredibly ordinary.

It doesn't require a big platform, a nonprofit or a million dollars.

WHAT IT CAN LOOK LIKE

- Listen to someone
- Help a colleague
- Make your partner's day easier
- Volunteer
- Encourage someone who needs it
- Teach what you know
- Mentor someone
- Create something useful
- Share an opportunity
- Notice when someone is struggling

To help. To serve. To make a difference.

To leave something better than we found it.

Your turn

Where do I naturally contribute?

Where could I contribute more?

What do I have that could genuinely make someone else's life a little better?

> TRY THIS WEEK
>
> Do one small thing for someone without needing anything back.

Closing

You might recognize yourself right away, or you might meet a need in a completely different way. That's okay. These are examples to help you see your own patterns, not rules. Your experiences, personality, values and history all shape how your needs show up.

The important question is:

> "Is the way I'm meeting this need actually helping me create the life I want?"

My answer for my top two needs:

One small thing I'll do this week:

WELL DONE

Congratulations on completing The Human Needs Blueprint!

When you meet your needs intentionally, in ways that make you feel good:

You bounce back faster.

You're less bothered by what life throws at you.

You see your patterns, and you choose differently.

That's how you move toward the happiest, most successful version of yourself: the one who's aligned with who you truly are.

Thank you for investing in yourself. Keep coming back to this workbook, and remember, you have the power to shape your life. Well done!



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