

# 6

## HUMAN NEEDS

"Everybody has a reason for what they do... but the good news is, there's only six reasons" - *Tony Robbins*

**PRESENTED BY: EFTCOACH.ME**

1



### CERTAINTY

To feel safe, secure, and comfort. To feel certain we could avoid pain and attain pleasure.

2



### VARIETY

To experience an element of challenge or surprise that will exercise our physical and emotional range.

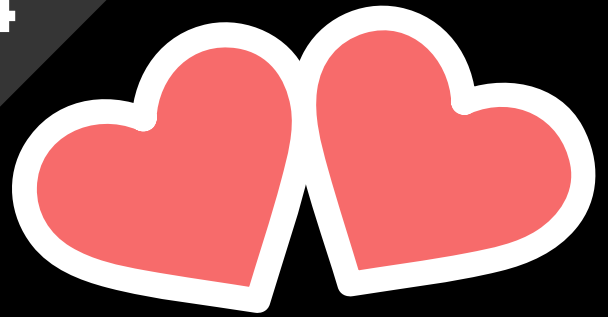
3



### SIGNIFICANCE

To feel needed, wanted, and worthy. That we are special and achieve or succeed in something important.

4



### LOVE/CONNECTION

Everyone needs connection with other humans, but really want to be loved. In infancy, if we are not loved and cared for - we die.

5



### GROWTH

To constantly develop intellectually, emotionally, & spiritually. If we are not growing - we are dying.

6



### CONTRIBUTION

To go beyond our own needs and contribute to others. Develop a sense of service in helping, giving to, & supporting others.