

Heart's Desires (Universal Needs)



WHAT WE NEED TO SURVIVE	RESPECT	SERENITY	OTHER LONGINGS
Air, Food, Water Shelter, Sleep, Rest, Relax Warmth, Touch Safety, Security, Protection Movement Health, Well-Being	Self-Respect To Matter, to be Valued Compassion, Caring Consideration Love	Peace Calm Relax Peaceful Acceptance of Difference Order, Stability, Structure Beauty Ease, Light-Heartedness	Expression Nurturing Presence Support, Help Meaning, Purpose Celebration Mourning Challenge Competence, Effectiveness, A Sense of Power Contribution, to Give, to Share Creativity Discovery Growth Hope Healing Stimulation Honesty Authenticity Integrity Well-being Another's Well-Being
WHAT WE NEED TO THRIVE: HEART'S DESIRES in T.R.U.S.T. groupings	UNDERSTANDING Acceptance Appreciation Awareness To be Heard To be Seen Clarity Communication Empathy Learning	TRUST OTHER LONGINGS Autonomy Freedom, Choice Space Spontaneity Inspiration Joy Fun, Play Self-Connection Consistency	
TEAMWORK Partnership, Cooperation Mutuality, Equality Connection Friendship, Companionship Community, Communion Harmony Belonging Closeness, Intimacy Inclusion, Participation			

Needs can be described as “Survival Needs,” what we need to survive, and “Heart’s Desires,” what we need to thrive. The above Needs may be considered *universal* – all of us humans have these same core longings.

Our Heart’s Desires (or Needs) ...

... are the engine that motivates choice. Every choice we make is an attempt to fulfill a longing, to meet a need. Our needs / longings move us repeatedly to action.

... are the reason why we feel. Feelings are indicators of the state of our Needs.

... are distinct from the specific actions or choices we make to meet our needs. For every need there are thousands of strategies to meet that need.

... might be called our “human nature” or “God-given.” We do not create our heart’s longings. Perhaps they create us. We come to this life with a core set of longings for happiness. It is through action on these longings that our life is created.

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