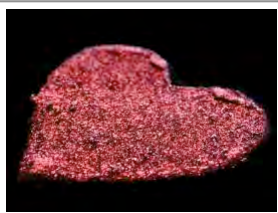


Six Human Needs

***“There is a great deal of Human Nature
in people.”***

- Mark Twain



A Note From Your Coach

The Six Human Needs!

You will never again need to feel unhappy in any situation. You now have a specific tool that you can apply at any time in your life to understand, fully, why you may not feel so good in a given situation, or how to make a great situation even better. This and some of the other great tools you have learnt, and will learn, will give you a huge advantage in life and help you to become all that you can be.

Please go ahead and:

- Complete your Action Steps.
- Practise ranking and evaluating your Six Human Needs in other areas of your life. If you haven't already done so, you may want to try career or relationships. Also, see if by achieving your goals you will meet your Six Human Needs.
- Read your new beliefs, rules and values every day. Are you truly living them?
- Try practising a random act of kindness towards someone or something. Perhaps it could be helping someone across the road or just comforting someone who needs it.
- Answer the following questions:
 - "What have you learned so far about yourself during coaching";
 - "How can we make the coaching sessions three times more effective for you?"
 - "If you had a friend in a similar situation to yours, what would you advise them to do?"

Next time we are going to look at the critical topic of communication and how it is affected by our beliefs, rules and values.

Until then ...

LIVE YOUR DREAMS!

Your Coach

"For all sad words of tongue and pen, the saddest are these, 'It might have been'".

- John Greenleaf Whittier

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The Six Human Needs



Growth and Contribution are the highest needs for humans.

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Now, for each of the following goals and life areas, rank your needs in order of importance - from 1 (highest) to 6 (lowest).

| | CERTAINTY | VARIETY | SIGNIFICANCE | LOVE & CONNECTION | GROWTH | CONTRIBUTION |
|----------------------|-----------|---------|--------------|-------------------|--------|--------------|
| Health | | | | | | |
| Vocation | | | | | | |
| Money | | | | | | |
| Personal Development | | | | | | |
| Family/Social | | | | | | |
| Spiritual | | | | | | |
| Emotional | | | | | | |

For your Goal, review the Six Human Needs and see which ones are being met and which ones aren't.

Now, ask yourself the question for the Human Need that appears to be most missing (X): What do I need to do right now to have more (X) in my life? If it is not showing up in my chosen area of life, is it being met in another area(s)?

For example: If I need more 'Love and Connection' in my vocation, do I actually have that need fulfilled right now by my family or friends?

"The path to success is to take massive, determined action."

- Anthony Robbins

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My Key Questions

What have I learned so far about myself during this coaching programme?

How can I work with my coach to make the coaching three times as effective?

If I had a friend in a similar situation to me what would I advise them to do?

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My Action Steps Contract

I hereby contract with myself:

I,,
 take full and personal responsibility for doing whatever it takes to
 complete the action steps I have agree upon with my coach.

I formally agree to see this project through. I have listed the Action Steps
 that I believe are necessary for me to achieve my dreams and live the life
 I would love to live. I have planned ahead and at this time see no reason
 why I cannot complete my Action Steps. I hereby declare that I will
 complete my Action Steps by their allotted times. I also commit that, in the
 event that I do not complete my Action Steps, I will make a donation in the
 amount of to the charity of my choice and/or take the steps
 listed below.

I am living in the solution and being the person I need to be.

Signed

Witnessed

Dated

If I do not complete my action steps, I undertake to do the following:

.....

One

- Unknown

*One song can spark a moment,
One flower can wake the dream.
One tree can start a forest,
One bird can herald spring.*

*One smile begins a friendship,
One handclasp lifts a soul.
One star can guide a ship at sea,
One word can frame the goal.*

*One vote can change a nation,
One sunbeam lights a room.
One candle wipes out darkness,
One laugh will conquer gloom.*

*One step must start each journey,
One word must start each prayer.
One hope will raise our spirits,
One touch can show you care.*

*One voice can speak with wisdom.
One heart can know what's true.
One life can make the difference,
You see it's up to You!*

Don't ever forget how very Important You Are.