



What Needs Attention First?

A flexible map of human needs

Needs do not always arrive in a neat order. We can seek meaning while tired, love while unsafe, or achievement while lonely. Use this map to notice what is asking for care - not to judge where you "should" be.

Body: rest, food, movement, health or comfort

Safety: stability, boundaries, shelter or predictability

Connection: belonging, love, friendship or community

Worth: respect, confidence, contribution or recognition

Growth: purpose, creativity, learning or becoming

Which need would make the greatest difference if gently supported now?
