

The background is a solid teal color with a pattern of small, light-colored dots. Scattered across the background are several stylized keys in two colors: red and light blue. The keys are of various sizes and orientations, some pointing towards the center and others towards the edges.

# 5 BASIC NEEDS


All human beings are motivated by five universal needs. The strength of each need varies from person to person.

# SURVIVAL




Essential  
need to live.

# LOVE AND BELONGING



To feel part  
of a group



Need for  
relationships and  
social connections

To give and  
receive affection

# POWER



ACHIEVE



To be competent  
and skilled



Have a sense  
of self worth

# FREEDOM



INDEPENDENCE

AUTONOMY

HAVE  
CHOICES

**Take control  
of the direction of  
one's life.**

# FUN

PLAY

LAUGH

PLEASURE

Finding happiness in life.

Sense of enjoyment by  
engaging in positive  
activities.