

# MODULE ONE

## *Basics of Purpose*



## IDENTIFY AND CATEGORIZE YOUR NEEDS

There are five levels of human needs with self-actualization as the highest human need. Purpose is a self-actualization need while other needs such as a need for respect, wealth, love, social security and shelter are lower level needs.

Understanding the different levels of needs will help you correctly categorize your needs and determine your motivations.

# WORKSHEET

What are your 5 most pressing needs?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Using Maslow's hierarchy of needs, group them into basic, psychological or self-fulfillment needs.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Is there a need for self-fulfillment? Yes/No**