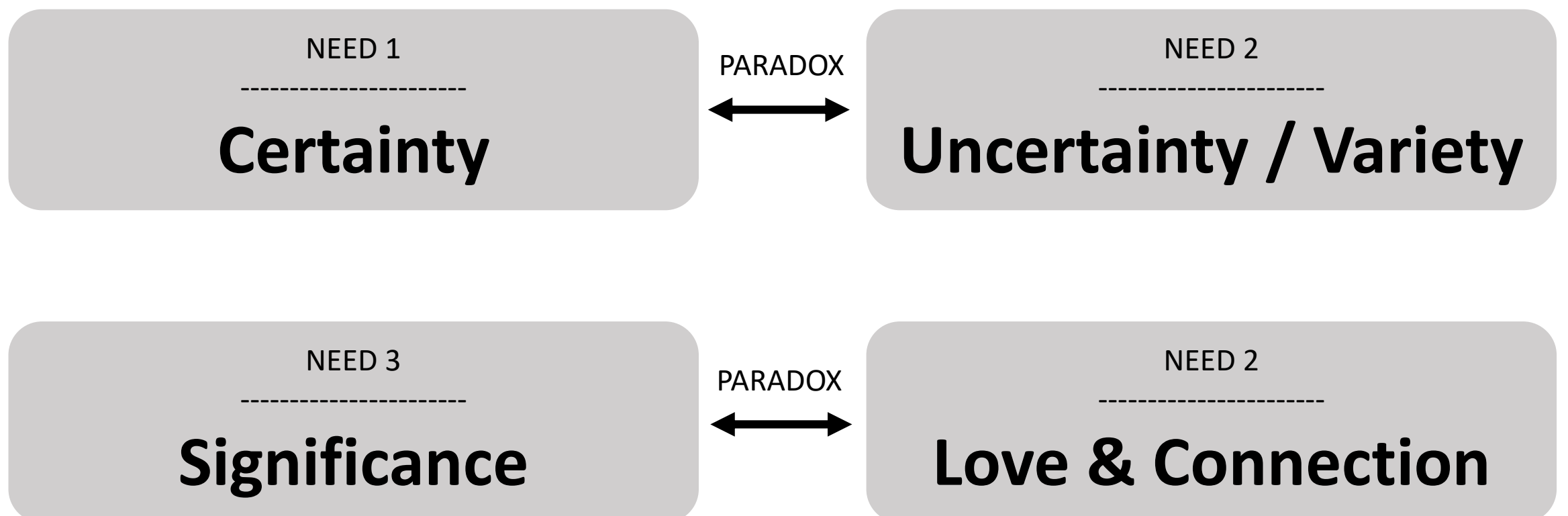


# THE 6 HUMAN NEEDS

## From Tony Robbins



### The Four Needs of the Personality



### The Two Needs of the Spirit



# EXERCISE

## Discovering your Driving Force

All human beings are constantly seeking to meet the 6 Human Needs, but everyone's top 2 is different, and these two become our Driving Force. When you know which needs you value the most, you can better understand the choices you make as well as your emotional patterns.

1 What are your top 2 needs?

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2 How do you meet your need for Certainty? Uncertainty / Variety?

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3 How do you meet your need for Significance? Love/ Connection?

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4 How do you meet your need for Growth? Contribution?

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5

What are the consequences of valuing your top 2 needs in that order?

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6

What do you want your top 2 needs need to be now for your life to transform?

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7

If you made these changes, what would transform in your life?

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