



The Road Map from Survival to Happiness (Thriving):

Non-Negotiable, Universal, Essential Human Life-Needs

The following list of Life-Needs are what human beings require in order to **thrive**. The prolonged lack of any one of these causes physical and/or emotional stress, ultimately leading to escalating levels of disease and distress. (This is why there's so much violence in our society, and why health care costs keep climbing: because how we live fails to meet our Life-Needs).

- 1) **Physical Sustenance/Nurturance (physical survival/thriving):** a beautiful, Life-giving physical environment, including clean (nonpoisoned) air, clean (nonpoisoned) water, and clean (nonpoisoned), good-tasting food; abundant restorative sleep; comfortable body temperature (pleasing, comfortable shelter and, in some climates, pleasing, comfortable clothing). Caring touch. Physical movement & room to move (including moderate physical exercise).
- 2) **Compassion & Respect/Being Valued (especially by SELF):** "love." Room to Be all that we are. Being viewed with kindness; acceptance. Being valued/respected, appreciated, intentionally nurtured; **matterg**.
- 3) **Connection with Self/Self-Connection:** self-awareness; self-understanding -- including understanding of one's own Life-Needs and what meets them, and being connected with one's own wounded places
- 4) **Connection with Others/Belonging & Participation:** being a part of, being included, being wanted, having others to engage and create with, being connected to others
- 5) **Freedom:** autonomy, self-governance, choice
- 6) **Discovery & Understanding:** exploration, learning, clarity; connection with both personal Reality and a shared Reality
- 7) **Variety & Creation:** newness, invention; bringing-into-being that is a self-expression
- 8) **Contribution/Growth:** work that energizes and inspires; making a difference for self and/or others, making life more wonderful for self and/or others
- 9) **Leisure/Idleness:** rest, relaxation, entertainment, play, rejuvenation, restoration
- (10) **Safety/Security:** confidence that our other Life-Needs will be met. **NOTE:** Safety/security isn't really a Life-need in itself, but it plays such an important and valuable role in helping connect us with our genuine Life-Needs, it deserves to be included on the list. Any time we say we feel unsafe or insecure, what we really mean (usually without realizing it) is that one or more of our genuine Life-Needs aren't being met, or we're afraid they won't be met. Realizing we feel unsafe is a very powerful place to start ... and, it's also extremely important to ask ourselves, which specific Life-Need(s) are we worried about? This is because **there is no way to meet a general (nonspecific) need for safety/security.** (This is how we know safety/security isn't itself an actual Life-need.)

FOR MORE INFORMATION about Thriving, our mainstream Insane Society, and The Road Map to Happiness (Thriving), visit us at www.joyfuladventure.com, or feel welcome to contact Vika Miller at 503-296-5456, or by email at joyfuladventure.com

