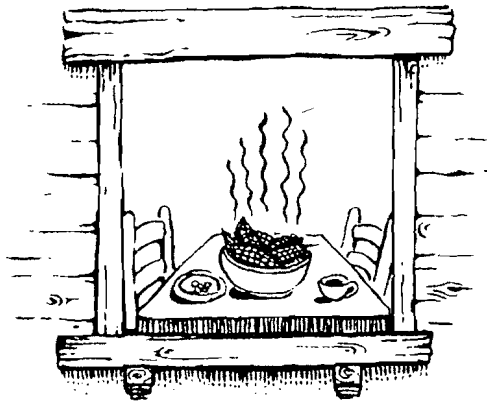


## Activity 1-15.1 WORK AND YOUR BASIC HUMAN NEEDS

Cultivating True Livelihood Worksheet



**DIRECTIONS:** Listed below are nine categories of *BASIC HUMAN NEEDS* that can be addressed and gratified through work. Along with each category of need is given a quote and a set of sample questions that you might ask in reflecting on how this need can be met in your own life.

*Taking each category in turn, consider the examples given, and then write into the space provided a list of your own basic needs in that category.*

### 1. SAFETY/SECURITY

*"When we quit thinking about our own self-preservation, we undergo a truly heroic transformation of consciousness."*

- Joseph Campbell

**How can your bottom-line survival requirements be met?**

- ★ How much money do I need to bring in order to squeak by?  
How much do I need to get by comfortably?
- ★ What other benefits do I need for myself and my family?
- ★ How do I go about securing a place for myself in the work world?
- ★ What risks am I willing to take? What risks *won't* I take?

Examples of **SECURITY/SAFETY NEEDS** are:

*I need to bring home at least \$1,200.00 net a month.*

*I can't risk losing health benefits by going to work.*

*I must have training in a field that assures a lot of job security.*

**My current SECURITY/SAFETY NEEDS are:**

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## 2. SELF-DETERMINATION/RESPONSIBILITY

*"I know of no more encouraging fact than  
the unquestionable ability of man to  
elevate his life by a conscious endeavor."*

- Henry David Thoreau

**How can you make your own way in the world?**

- ★ What am I responsible for and who am I responsible to?
- ★ What are my choices?
- ★ How do I gain more control over my destiny and utilize my freedom?

Examples of SELF-DETERMINATION/RESPONSIBILITY NEEDS are:

*I must be self-supporting and provide for my children as well.*

*I have got to get free of this and all other social services programs.*

*I can't work unless I'm able to choose who I work for and in what capacity.*

**My Current SELF-DETERMINATION/RESPONSIBILITY NEEDS are:**



### 3. BELONGING/PARTICIPATION

*"A person starts to live  
when he can live outside of himself."*

- Albert Einstein



**How can you connect to other human beings?**

- ★ Where do I feel I belong?
- ★ What role do I want to play in my community?
- ★ What kind of workplace do I want to be a part of, to participate in?

Examples of BELONGING/PARTICIPATION NEEDS are:

*I have to be part of an energized workplace that believes more  
in cooperation than competition.*

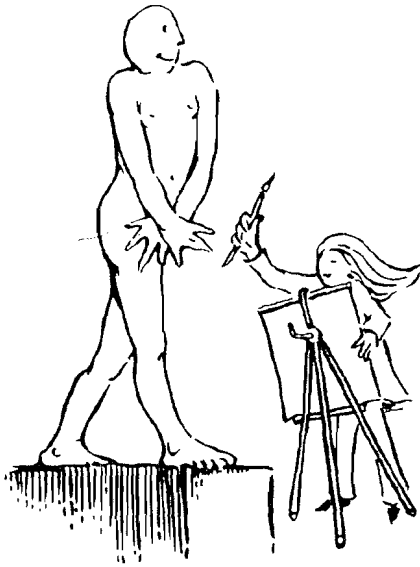
*I need to be around a lot of people wherever I work.*

*I need to remain in the profession I have worked in for the past 10 years.*

*It's very important to me that my children see me as a productive member  
of our community.*

**My Current BELONGING/PARTICIPATION NEEDS are:**

#### 4. COMPETENCY/ACHIEVEMENT



*"Every man has his own vocation,  
talent is the call."*

- Emerson

**How can you use and develop your capabilities?**

- ★ What are my skills and abilities, talents and gifts?
- ★ What kind of activities feel in accordance with my true nature?
- ★ What gives me a sense of achievement and accomplishment?

Examples of COMPETENCY/ACHIEVEMENT NEEDS are:

*I need to develop expertise in the area of research and development.*

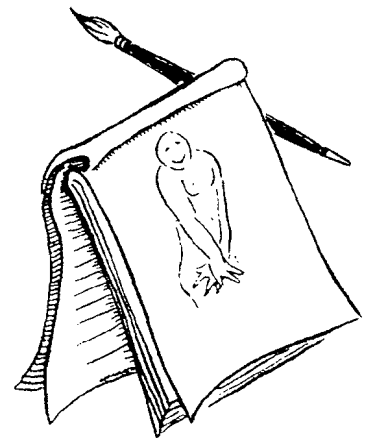
*I must have the freedom to use creativity in my work.*

*I've got to sharpen my computer abilities in my next job.*

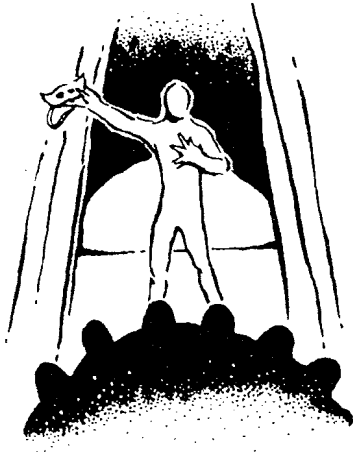
*I know that I am meant to work with people and not only things.*

*I'm very detail oriented and I need a position that allows that part of my nature to be expressed.*

**My Current COMPETENCY/ACHIEVEMENT NEEDS are:**



## 5. RECOGNITION/IDENTITY



*"All the world's a stage,  
And all the men and women merely players."*

- William Shakespeare

**How can you gain respect for who you are from yourself and others?**

- ★ What do I want to be recognized for?
- ★ How do I wish to earn the respect of others?
- ★ How do I define social success?

Examples of RECOGNITION/IDENTITY NEEDS are:

*I need a position in management; I won't start at the bottom again.*

*It's really important that I be appreciated for my leadership qualities.*

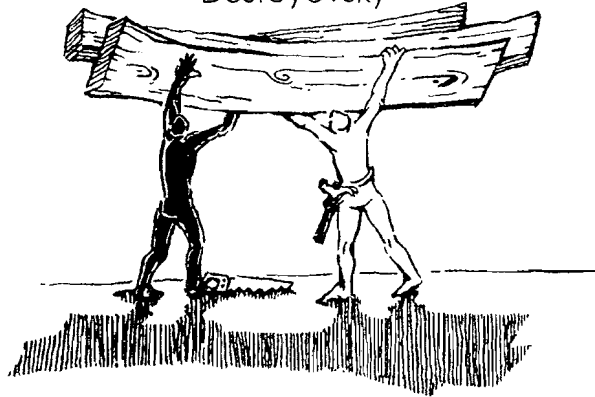
*I have to stay in the military. That's where I've been all my life.*

**My Current RECOGNITION/IDENTITY NEEDS are:**

## 6. PURPOSE/SERVICE

*"For the secret of man's being is not only to live  
but to have something to live for."*

- Dostoyevsky



**How can you find meaning and purpose in what you are doing?**

- ★ What do I care about? What matters to me?
- ★ Who do I wish to serve? How do I wish to serve?
- ★ What do I want to contribute to my community or workplace through the work I do?
- ★ What could I put my heart into ?

**Examples of PURPOSE/SERVICE NEEDS are:**

*I really want to work for a non-profit organization that provides valued services to the community.*

*I need to feel that the work I am doing is benefiting other people in the department.*

*I won't feel I'm doing a good job unless I set new standards in the store I work for as far as customer service is concerned.*

**My Current PURPOSE/SERVICE NEEDS are:**

## 7. INTEGRITY/HONOR

*"Cowardice asks the question, Is it safe?  
Expediency asks the question, Is it politic?  
Vanity asks the question, Is it popular?  
But conscience asks the question, Is it right?  
And there comes a time when one  
must take a position that is neither safe,  
nor politic, nor popular,  
but he must take it because  
his conscience tells him it is right. . ."*

- Martin Luther



**How can you harmonize your life with your values and ideals?**

- ★ What do I value? What do I have deeply-held convictions about?
- ★ How do I anchor my ideals in the everyday world?
- ★ How can I bring who I am to what I do?
- ★ What kind of work would give me a sense of honor?
- ★ What level of professional standards do I need to hold up?

Examples of INTEGRITY/HONOR NEEDS are:

*I need to know that the people I work with are committed to their jobs and to each other.*

*Being a good parent is the most important role in my life.  
I need an employer who will understand and support that role.  
I can't pretend to be a "corporate climber."*

*I won't work for anyone who asks me to compromise my values.*

**My Current INTEGRITY/HONOR NEEDS are:**

## 8. PLEASURE/JOY



*"With the reinvention of work  
comes the reenchantment of work,  
for good work makes for joy!"*

- Matthew Fox

**How can you attain the enjoyment that comes from doing and being what you love?**

- ★ What do I enjoy? What do I like?
- ★ What makes me glad and happy to be alive?
- ★ What brings me the joy of absorption?
- ★ What do I find beautiful? Engaging? Wonderful?

Examples of PLEASURE/JOY NEEDS are:

*I need contact with the public to keep my interests high.  
It's the most enjoyable part of my profession.*

*I love to travel and need the opportunity to do so in my next job.*

*I get totally absorbed when I'm surfing the net.  
The Internet has gotta be part of my next job!*

**My Current PLEASURE/JOY NEEDS are:**

## 9. SELF-ACTUALIZATION/PERSONAL GROWTH

*"The central drama of humankind  
is the fusion of one's personality  
with one's higher self (spirit)."*

- Roberto Assagiolo

**How can I change and grow throughout the course of my life?**

- ★ Why am I here? What's it all about?
- ★ What is worth striving for? Living for? Dying for?
- ★ What do I find sacred? What do I find inspiring?
- ★ What do I wish to become? *Who* do I wish to become?

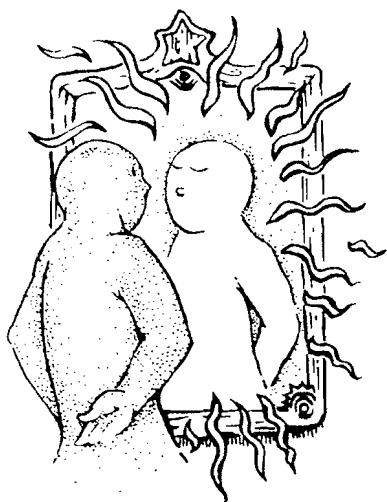
Examples of SELF-ACTUALIZATION/PERSONAL GROWTH NEEDS are:

*I need my work to be harmonious with my religious beliefs.*

*I don't know where my current path is leading me,  
but I have to keep following my intuition.*

*I want to be the kind of person my children can love  
and my co-workers can respect. Right now I'm concentrating  
on feeling that way about myself when I look in the mirror.*

**My Current SELF-ACTUALIZATION/PERSONAL GROWTH NEEDS are:**



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