THE SIX HUMAN NEEDS

A GUIDE TO FULFILLMENT AND PERSONAL GROWTH

SANTHIKA RETREAT CENTER

SANTHIKA RETREAT CENTER

SIX HUMAN NEEDS

- CERTAINTY
- VARIETY
- SIGNIFICANCE
- LOVE & CONNECTION
- GROWTH & DEVELOPMENT
- CERTAINTY

SANTHIKA RETREAT CENTER

BREAKDOWN OF THE SIX HUMAN NEEDS

Understanding human behavior and motivation is essential for personal development and building meaningful relationships. One powerful framework for this understanding is the concept of the Six Human Needs. These needs drive every decision we make, from small everyday choices to life-changing actions. Developed by Tony Robbins, these six needs explain what motivates us on a fundamental level and why we seek out certain experiences and relationships. By recognizing which needs dominate our lives, we can gain deeper insight into our actions and take steps toward more balanced and fulfilling lives.

1 CERTAINTY

We all crave a sense of security and stability. Certainty helps us feel safe and in control of our environment. Whether it's knowing what tomorrow holds, having a steady routine, or feeling secure in our relationships, certainty provides comfort and reduces stress. Without it, we often feel anxious or overwhelmed. However, too much certainty can lead to boredom, so it's essential to balance it with its opposite: variety.

2 VARIETY

While certainty provides stability, we also need variety to feel alive and engaged. This need for uncertainty brings excitement, surprise, and adventure into our lives. Variety helps us break the monotony of routine and introduces new experiences, challenges, and pleasures. It stimulates our mind and keeps us from becoming stagnant. A healthy balance between certainty and variety leads to a more dynamic and fulfilling life.

3 SIGNIFICANCE

At our core, we want to feel important, unique, and valued. The need for significance drives us to seek recognition and a sense of purpose. We want to believe that we matter and that our lives have meaning. Whether it's through personal achievements, helping others, or receiving appreciation from loved ones, significance plays a vital role in building self-esteem and confidence.

SANTHIKA RETREAT CENTER

BREAKDOWN OF THE SIX HUMAN NEEDS

4 LOVE & CONNECTION

Humans are social creatures, and the need for love and connection is fundamental to our well-being. This need is about forming relationships, feeling a sense of belonging, and experiencing emotional bonds with others. Love and connection give us the warmth and affection we seek, providing comfort and support during both good times and challenges. Whether through friendships, romantic relationships, or family, this need helps us feel part of something bigger than ourselves.

5 GROWTH & DEVELOPMENT

To feel fulfilled, we must constantly grow and evolve. The need for growth pushes us to learn new skills, expand our knowledge, and strive for personal development. Whether it's advancing in our careers, learning new hobbies, or enhancing our mental and emotional capacities, growth ensures we don't stagnate. Personal progress leads to higher levels of satisfaction and keeps us moving forward toward our goals.

6 CONTRIBUTION

Beyond personal success, we have an intrinsic need to contribute to something greater than ourselves. Whether through acts of kindness, service to others, or working toward a larger mission, contribution provides a deep sense of fulfillment. Helping others not only benefits those around us but also gives our lives meaning and purpose. Contribution allows us to leave a lasting positive impact on the world.

Conclusion: Understanding the Six Human Needs gives us insight into what drives our behaviors and motivations. It helps us recognize which needs are fulfilled in our lives and which may be lacking. By working toward balancing these needs, we can create a more satisfying and purpose-driven life, leading to deeper relationships, personal growth, and overall fulfillment.

SANTHIKA RETREAT CENTER

EXPLORE YOUR OWN NEEDS

UNDERSTANDING YOURSELF

List the 6 human needs in order of importance to you at this moment, starting with the most significant and ending with the least significant.

Your final list should look like a column with the needs arranged from the most to least important based on how you feel today. Once you've completed the list, pay special attention to the top two needs. Double-check their placement and make sure you can justify why these two are the most important to you right now. Be ready to explain or reflect on why these needs are your highest priorities at this moment.

SANTHIKA RETREAT CENTER

SELF-ANALYSIS OF HOW WELL YOUR NEEDS ARE BEING

EVALUATE YOUR NEEDS

Using a scale from 0 to 100, assess how well each of the **6 human needs** is being satisfied in your life at this moment. Consider how fulfilled or unfulfilled each need feels based on your current circumstances.

ANALYZE THE CAUSES

After rating each need, reflect on the reasons for both satisfaction and dissatisfaction. Identify any factors that are contributing to how well or poorly each need is being met.

CREATE AN ACTION PLAN

Based on your analysis, write down **5 productive actions** you could take to better satisfy each of the 6 needs. Pay special attention to the needs that are currently feeling most unfulfilled, and focus on ways to improve their fulfillment.

This process will help you gain clarity on your needs and take actionable steps toward greater balance and personal satisfaction.

SANTHIKA RETREAT CENTER

IDENTIFYING PARASITES

ANALYZE YOUR METHODS

Take a moment to reflect on the ways in which you currently meet each of your 6 human needs. Write down the methods or actions you use to satisfy these needs.

CATEGORIZE YOUR METHODS

Divide these methods into two categories: positive and negative. Positive methods are those that lead to healthy, constructive fulfillment, while negative methods may be harmful or destructive in the long term.

FOCUS ON NEGATIVE METHODS

Pay special attention to the negative ways you satisfy your needs. Analyze the reasons or triggers that cause you to use these negative methods.

By identifying and understanding these negative "parasites," you can take steps to replace them with more productive, positive methods of meeting your needs.

SANTHIKA RETREAT CENTER

ELIMINATING UNDESIRABLE BEHAVIORS

REFLECT ON YOUR BAD HABITS OR OBSTACLES

Take some time to think about the bad habits or recurring obstacles that have hindered your progress or well-being on your life journey.

IDENTIFY AN UNDESIRABLE ACTIVITY

Choose one specific undesirable behavior or activity that you want to work on and eliminate.

UNDERSTAND THE NEEDS BEHIND IT

Analyze which of your 6 human needs you are trying to satisfy through this negative activity. This will help you understand why you engage in it.

FIND POSITIVE ALTERNATIVES

Identify positive and constructive ways to satisfy these same needs without relying on the undesirable behavior.

CREATE AN ACTION PLAN

Develop a detailed plan that outlines the steps you will take to transition from using the negative behavior to more positive alternatives for fulfilling your needs.

SANTHIKA RETREAT CENTER

BRINGING ORDER TO YOUR LIFE

LIST YOUR LIFE AREAS AND ROLES

Make a list of the key areas of your life and the roles you play in each. See an example on the next page.

IDENTIFY THE NEEDS YOU FULFILL

For each area and role, determine which of the 6 human needs you are satisfying. Consider how each role helps meet your needs for certainty, variety, significance, love & connection, growth, or contribution.

EVALUATE TIME-WASTING ACTIVITIES

Identify any actions within these areas that are unproductive or a waste of time. Focus on those that don't contribute to your well-being or goals.

ELIMINATE UNNECESSARY ACTIONS

Decide which of these unproductive activities can be removed without negatively affecting the area. This will help you focus on more meaningful and productive actions in your life.

By organizing your roles and eliminating time-wasters, you'll create more space for fulfilling and productive activities that truly enhance your well-being.

SANTHIKA RETREAT CENTER

LIST YOUR LIFE AREAS AND ROLES

FAMILY

husband/wife, father/mother

WORK

employee/boss

SPIRITUALITY

spiritual student

HOME

provider, repair, cleaning

HEALTH

exercise, check-ups, prevention

HOBBIES & LEISURE

books, movies, friends

SANTHIKA RETREAT CENTER

HOW I SEE MY PARTNER

Choose a person: Select someone from your life whom you wish to better understand. This could be your partner or anyone else with whom you have a close relationship.

List their needs: Based on your observations, list the 6 human needs in order of importance as you believe they are for this person right now. Start with the most significant need and work down to the least significant.

Compare with their self-assessment (optional): If possible, ask this person to complete Exercise “Understanding Yourself” to see how they perceive their own needs. Compare your assessment with theirs. This comparison will help you understand how well you know and understand their needs.

Mutual reflection: If applicable, you can also offer them Exercise ”Self-Analysis of How Well Your Needs Are Being Met” so they can reflect on how their needs are currently fulfilled. This could lead to a meaningful conversation about how you both understand each other’s needs and areas where more alignment is needed.

SANTHIKA RETREAT CENTER

ANALYZING MY DEPENDENCY ON MY PARTNER IN RELATIONSHIP

Choose a person: Select a person from your life whose relationship with you you'd like to analyze. This could be a partner or someone with whom you have a close connection.

Identify your needs: List the 6 human needs in order of importance, based on how you are fulfilling them through this relationship. Start with the most significant need that this relationship helps you satisfy, and work your way down to the least significant.

Reflect on the results: After listing the needs, take a moment to reflect on how much you depend on this person to meet these needs. Consider if you are overly reliant on them for certain areas and whether the relationship feels balanced in terms of give and take.

This exercise helps bring awareness to how your needs are met in the relationship and whether there are areas where you might seek more independence or mutual balance.

SANTHIKA RETREAT CENTER

ANALYZING MY CONTRIBUTION TO THE RELATIONSHIP

List your partner's needs: Based on your understanding, list the 6 human needs in the order of importance that you believe your partner fulfills through you in the relationship. Start with the most significant need and work your way down to the least significant.

Ask for their perspective (optional): If possible, ask your partner to complete 2 previous exercises. This will allow you to compare your perceptions with theirs and gain a deeper understanding of each other's needs and contributions in the relationship.

Reflect on the relationship: Analyze how aligned your views are with your partner's. This reflection helps you understand the core dynamics of your relationship–what needs it's built on and how you both contribute to its growth or challenges.

This exercise helps increase awareness of the foundation of your relationship and allows you to explore how both positive and negative aspects are rooted in the needs each of you satisfies through one another.

Understanding your six human needs is a powerful first step – but real change begins when you apply that insight to the areas where you feel stuck, unfulfilled, or in conflict. If you're struggling to understand what drives your behavior, feeling disconnected in your relationships, or unsure how to meet your needs in a healthy way, a **private MAC (Metaphorical Associative Cards) session** can offer the clarity you're missing. This is not talk therapy – it's a deep, intuitive process that helps uncover unconscious patterns and reveals new paths forward. You don't have to figure it all out alone – real insight and transformation are just one session away.

www.santhikaretreatcenter.com
support@santhikaretreatcenter.com

SANTHIKA RETREAT CENTER

METAPHORICAL CARDS ONLINE SESSION

Where?

Online

Price

300 USD

Duration

1-1,5 hours

Request

Appointment

TOPICS TO DISCOVER

- Relationshipы
- Self-esteem & Confidence
- Life Transitions
- Fears & Inner Blocks
- Money & Abundance
- Inner Child
- Body Awareness & Psychosomatics

You can book a private MAC session online from anywhere in the world – or experience it as part of your healing journey during our retreat in Bali. Whether you're seeking clarity, emotional release, or support through a life transition, this session offers powerful insight and transformation.

SANTHIKA RETREAT CENTER

12 DAYS SELF-LOVE RETREAT

When?

All Year

Arrivals on

Any day

INCLUSIONS

- 11 nights accommodation
- 3 meals a day
- Daily yoga & meditation
- Self-awareness workshop
- 4 excursions
- 3 SPA treatments
- 2 Private sessions
- Cultural activities
- Transfer

Price

From 1750 USD

Read More

If you're seeking true rest with deeper healing, the 12-Day Self-Love Retreat offers time to fully unwind, reset, and reconnect. With daily practices and personal sessions, it goes beyond relaxation – giving you space to restore your energy and rebuild inner balance in a supportive, peaceful setting.

SANTHIKA RETREAT CENTER

23 DAYS TIME FOR ME RETREAT

When?

All Year

Arrivals on

Any day

INCLUSIONS

- 22 Nights accommodation
- 3 Meals a day
- Daily yoga & meditation
- 2 Self-awareness workshops
- 5 Excursions
- 9 SPA treatments
- 5 Private sessions
- Cultural activities
- Transfer

Price

From 3250 USD

Read More

For those craving true rest and deep transformation, the 23-Day Time for Me Retreat offers an extended journey of self-discovery, healing, and renewal. With three full weeks of personalized support, therapeutic sessions, and time to truly slow down, this retreat creates space for lasting inner change – far beyond what a short break can offer.

SANTHIKA RETREAT CENTER

www.santhikaretreatcenter.com

Santhika is more than just a retreat center, it's a **spiritual sanctuary** where people from all around the world gather to share meaningful experiences and expand their consciousness. Whether you're seeking to **slow down, release stress, or delve deeper into your spiritual journey**, our retreats offer the perfect space for **growth and renewal**.

support@santhikaretreatcenter.com

www.santhikaretreatcenter.com

@santhikaretreatcenter

+62 857 3840 8200