



















8 Goods (Needs)

<p>Emotional Health Feeling happy with myself and who I am</p> 	<p>Emotional Health Being happy</p> 	<p>Emotional Health Managing feelings</p> 
<p>Physical Health Sleep</p> 	<p>Physical Health Food/eating</p> 	<p>Physical Health Exercise</p> 
<p>Physical Health Medication</p> 	<p>Physical Health Hygiene</p> 	<p>Physical health Safety</p> 
<p>Sexual Health Sexual knowledge</p> 	<p>Sexual Health Sexuality</p> 	<p>Sexual Health Sexual development</p> 

<p>Having Fun Excitement</p> 	<p>Having Fun Play</p> 	
<p>Achieving Knowledge e.g. learning new things</p> 	<p>Achieving Status e.g. being respected</p> 	<p>Achieving Competence e.g. mastering a skill</p> 
<p>Being my own person Being independent</p> 	<p>Being my own person Making my own decisions</p> 	<p>Being my own person Being in control</p> 
<p>Being my own person Saying what I think</p> 		

<p>Having a purpose and making a difference Beliefs</p> 	<p>Having a purpose and making a difference Doing the right thing</p> 	<p>Having a purpose and making a difference Helping others</p> 
<p>Having people in my life Friends</p> 	<p>Having people in my life Family</p> 	<p>Having people in my life Romantic relationships</p> 
<p>Having people in my life Belonging to a group</p> 	<p>Having people in my life Community relationships</p> 	<p>Emotional Health Managing feelings</p> 
<p>Having people in my life Friends</p> 