

Shimmering shades of psychology

We all know that we should eat a balanced diet, exercise and generally try for a healthy lifestyle to help combat the stress and strain of everyday life and work. But, how many of us really stop and consider whether what we are doing will help to achieve personal fulfilment?

Tony Robbins, author and motivational speaker, studied the psychological theory known as Maslow's Hierarchy of Needs (which is a theory in psychology) to identify six human psychological needs.

So what are these 'needs' and how can they be fulfilled? Well, here's some (calorie-free!) food for thought . . .

- **Certainty** – the need for comfort and safety in both our relationships and our physical environment. An individual driven by the need for certainty may have a preference for 'cool blue' energy, is likely to be cautious, needing data to be accurate before proceeding with action.

- **Variety** – the need for change, challenge and diversity that will provide development opportunities, both emotionally and physically. Their 'sunshine yellow' disposition will mean that they are likely to radiate enthusiasm and are likely to want to be involved (in everything!)

- **Significance** – We all want to feel important (for our life to have meaning and significance) but for some the need will be greater than others. Individuals with a preference for 'fiery red' energy are likely to be active and move in a positive direction, often being thought of as single-minded, seeking outcomes that are specific and tangible. Being driven by the need for significance can lead us to raise our standards; however, having a direct and straightforward manner may mean at times that we don't always take people with us wherever it is we want to go!

- **Love and connection** – It would be hard to argue against the human need for love. Individuals who have a strong desire to experience meaningful connection with others are likely to have a preference for 'earth green'. They are likely to be energised through involvement in teams at work or in sporting activities, or through close groups of friends.

Essential

Throughout our lives our 'needs' will be displayed through our daily decisions and behaviour. It is these first four that Robbins described as being essential for human survival. However it is the final two needs which are required for human actualisation/fulfilment.



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- **Growth** – human growth relates to our desire to develop emotionally and intellectually as well as physically. As we go through life, overcome challenges and achieve our goals, we continuously learn and grow – although sometimes we might not realise it!

- **Contribution** – a need to give back and to be involved. It can be demonstrated by being involved with community, charities or passing on knowledge. So, when was the last time you gave back, and how did it feel?

Sometimes we just need to stop and take a few moments to consider how truly fulfilled are we with our lives. Are we meeting our personal needs and reaching true fulfilment? Time to take stock!

Needs to know: What colour are you?