

For an effortless life, get more than you need and far more than you deserve.

When we talk about needs, we often conjure up images of getting by on the bare essentials and having a no-frills, no-excess life.

It seems that when you come right down to it, we actually "need" very little. We are mistaken.

In order to be our best, we almost always need much more than we think we do.

We need more time, space, money, love, support, endorsement, resources, skills, ideas and commitment that we realize.

We also have more needs than we probably realize - needs which, until they are fully satisfied, will consume the energy we might better invest elsewhere.

These needs are unique to the individual, but usually include 5 or 10 from a list of 200.

These needs might include: Acceptance, Appreciation, Accomplish, Respected, Not be mistaken, Get attention, Accuracy, Safety, Be heard, Honesty, Order, Peace, Stability, Freedom, Work.

Before you can get more of what you need in these areas, there are several things you need to understand about the nature of needs:

1. Needs are not personal, but they feel personal. Isn't it fair to say that we all have needs that never have been or currently aren't being met? Sure, that's kind of how life is, right? But let's take a very brief look at the whole dynamic of unmet needs and why one can become:

Resigned to ever having needs met. Given up. Resentful of others for not meeting needs. Confused because the needs aren't easily identified. Embarrassed, because the needs are running one's life. Frustrated to the point of denying that we even have needs. Bitter because of what we'll have to give up (integrity, standards, boundaries, choices) in an often futile attempt to get our needs met.

Because of one or more of the above things going on and often conflicting with our goals, we don't have the energy or mental space to even see that our needs actually are completely satisfiable. Instead, we design, or rather flop into, a life assuming that all of our needs cannot be met, and we'd better just live with it. This life while it does work, is not what it could be. For one thing, when we have unmet needs our values don't get a chance to freely express themselves.

2. Needs are completely satisfiable, once and for all. Yes, they are. It's essential to first accurately identify these needs and then learn new, often radical, ways to get them met. It is not difficult once you realize that needs' satisfaction is simply a skill that takes training and practice. During this process, you learn that there are innovative and exciting ways to involve others in the very process of getting your needs met. There are people who are willing to pitch in and truly help you in this area. But you will quickly find out who has the "extra" whatever it is you need, and who doesn't. This will be good to know...

3. As you satisfy your needs, you'll grow more quickly. In addition to having more energy, feeling more attractive and experiencing a new freedom, you will also have the extra umph you need to do more with yourself. You will naturally expect more of yourself (higher standards), develop more than you need in many areas (extra reserve) and naturally begin to focus, and express, your true values. You will start to accelerate your personal development and have a brighter future to which to look forward. And the brighter the future, the more easily one is pulled forward vs. having to push.