

THE FIVE PSYCHOLOGICAL NEEDS



We all have psychological needs – these are the things we need to stay emotionally and mentally healthy.

1. PURPOSE

Purpose means having a reason to do something.
For example, the purpose of practising tennis could be to improve your skills.



2. CONNECTION

Connection means having positive relationships with others.
For example, you may have a connection with your friends, your teacher or your tennis coach.



3. BELONGING

Belonging means being a part of something.
For example, you may be part of a tennis team or club that gives you a feeling of belonging.



4. SELF-ESTEEM

Self-esteem means feeling good about yourself.
For example, learning new tennis skills can make you feel good about yourself and boost your self-esteem.



5. GROWTH

Growth is when you change and develop as a person.
For example, you may have learnt new tennis skills recently that have helped you grow as a person.

