Meaning Maker
- Transcendence, Benevolence, Peacemaker, Harmony, Gratitude, Meaning, Purpose, Wholeness, Congruence

Autonomy
- Authenticity, Individuality, Responsibility, Self-determination, Choice, Control, Freedom, Independence, Space

Body Regulator
- Physical survival, Safety, Sustenance, Security, Sleep, Relaxation, Exercise, Nutrition, Balance, Familiarity, Conservation, Health, Healing

Confidence
- Self-efficacy, Competence, Strength, Power, Protect, Competitive

Creative
- Creativity, Beauty, Celebration, Flow, Play, Leisure, Humor, Self-expression, Procreation

Executive Manager
- Clarity, Productivity, Reliability, Work, Problem-solving, Organization, Order

Curious Adventurer
- Openness, Sensory stimulation, Adventure, Wonder, Exploration, Discovery, Novelty, Challenge, Learning, Consumption, Risk

Relational
- Love, Empathy, Support, Connection, Interdependence, Belonging, Community, Cooperation, Soothing

Standard-Setter
- Achievement, Contribution, Respect, To matter, To be valued, To be validated, To be heard, Acknowledgement, Justice, Fairness, Integrity

Mindful Self