

AI-00008 50 Essential Things In Life

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1. Air
2. Water
3. Food
4. Shelter
5. Clothing
6. Sleep
7. Physical safety
8. Health care
9. Hygiene
10. Sanitation
11. Education
12. Employment
13. Income
14. Transportation
15. Communication
16. Electricity

17. Heating/cooling
18. Clean environment
19. Personal security
20. Social belonging
21. Love and affection
22. Emotional support
23. Intimacy
24. Friendship
25. Family
26. Self-esteem
27. Sense of purpose
28. Self-actualization
29. Respect
30. Dignity
31. Autonomy
32. Justice
33. Equality
34. Freedom of speech
35. Freedom of religion
36. Freedom of thought
37. Privacy
38. Mental health care
39. Spiritual well-being
40. Recreation
41. Entertainment
42. Creative expression

- 43. Intellectual stimulation
- 44. Time for leisure
- 45. Sense of humor
- 46. Emotional regulation
- 47. Physical exercise
- 48. Rest and relaxation
- 49. Sense of safety in the community
- 50. Access to information.