

## LIST OF HUMAN NEEDS

### Basic (Physiological) Needs:

1. **The Puff of Life** – Air (Oxygen, baby!)
2. **The Swig of Liquid Gold** – Water
3. **The Munchie Mana** – Food
4. **The Snooze Button of Destiny** – Sleep
5. **The Fortress of Cozy** – Shelter
6. **The Fabric of Awesomeness** – Clothing
7. **The Body Bounce** – Health
8. **The Safety Blanket of the Universe** – Safety
9. **The Pillow Puddle** – Rest and Recuperation
10. **The Wiggle-Wobble Jiggle** – Movement

### Safety and Security Needs:

1. **The Hug of Emotional Softness** – Emotional Safety

### 2. **The Bank of Eternal Coins** – Financial Stability

### 3. **The Jobper-Patronus** – Job Security

### 4. **The Bunker of Badassery** – Protection from Danger

### 5. **The Super-Health Forcefield** – Health Security

### 6. **The Fortune-Teller's Crystal Ball** – Predictability

### 7. **The Home Sweet Home Shield** – Housing Security

### Love and Belonging Needs:

### 1. **The Cuddle Cloud** – Affection

### 2. **The BFF Portal** – Friendship

### 3. **The Love Potion No. 99** – Romantic Connection

### 4. **The Social Sparkle** – Social Acceptance

### 5. **The Family Fortress** – Family Connection

### 6. **The Squad of Support** – Support

### 7. **The Bonding Bubble** – Companionship

### 8. **The Trusty Trust-Fall** – Trust

### 9. **The Love Blizzard** – Unconditional Love

### Esteem Needs:

### 1. **The Mirror of Ultimate Badassery** – Self-Esteem

### 2. **The Royal Crown of Recognition** – Recognition

### 3. **The Power-Pants of Competence** – Competence

### 4. **The Respect-O-Meter** – Respect

### 5. **The Shiny Status Scepter** – Status

### 6. **The Confidence Turbo-Boost** – Confidence

### 7. **The Goal Digger** – Achievement

### 8. **The Gratitude Goldmine** – Appreciation

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### Cognitive Needs:

1. **The Brainy-Bear Knowledge Nugget** – Knowledge
2. **The Curiosity Kitty Catalyst** – Curiosity
3. **The Learning Dragon's Hoard** – Learning
4. **The Deep Thought Vortex** – Understanding
5. **The Idea Tornado** – Intellectual Stimulation
6. **The Problem-Solving Potion** – Problem-Solving
7. **The Wizard's Wand of Creativity** – Creativity

### Aesthetic Needs:

1. **The Glimmering Sparkle of Beauty** – Beauty
2. **The Artist's Magic Brush** – Artistic Expression

3. **The Harmony Harmony** – Harmony
4. **The Order of the Sacred Sock Drawer** – Order
5. **The Dreamy Uplifting Unicorn** – Inspiration

### Self-Actualization Needs:

1. **The Be-All and End-All Star** – Personal Growth
2. **The Destiny Decoder Ring** – Purpose
3. **The Autonomy Jetpack** – Autonomy
4. **The Reach-For-The-Moon Telescope** – Achievement of Potential
5. **The Oh-So-Creative Cloud** – Creativity
6. **The Mastery Master** – Mastery
7. **The Soul-BFF** – Authenticity
8. **The Morality Monocle** – Integrity

### Transcendence Needs (Beyond Self):

1. **The Cosmic Lava Lamp** – Spiritual Fulfillment
2. **The Compassion Avalanche** – Compassion
3. **The Infinity Kettle of Connection** – Connection to the Universe
4. **The Altruism Phoenix** – Altruism
5. **The Global Eagle Eye** – Global Awareness
6. **The Zen Sphinx** – Peace
7. **The Cosmic Hug Blanket** – Unity

### Existential Needs:

1. **The Why-Was-I-Born Crystal** – Meaning and Purpose
2. **The Freedom Fireball** – Freedom of Choice
3. **The Self-Discovery Treasure Map** – Self-Discovery

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4. **The Heal-All Mystic Elixir –**  
Healing
5. **The Wise Owl of Wisdom –**  
Wisdom
6. **The Balance Boomerang –**  
Balance

### Tertiary Needs (Self-Enhancement):

1. **The Impact Tornado –**Social Impact
2. **The Adventurer's Flaming Sword –**Adventure
3. **The Sparkle Parade of Recognition –**Recognition for Impact
4. **The Legacy Lava Lamp –**Legacy
5. **The Contribution Unicorn –**Contribution
6. **The Success Sparkplug –**Success
7. **The Pleasure Puddle –**Pleasure
8. **The Funfetti Explosion –**Fun

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### The “Get Your Shit Together Before You Hex Yourself” Spell 🌟

#### 👉 Step One: The Holy Invocation of Basic Bitch Survival

Before you start throwing spells let's do a **vibe check**.

Place your hands on your heart (or your snack stash) and repeat after me:

*"By the Puff of Life, I acknowledge that oxygen is, in fact, essential. I will stop holding my breath like a dramatic Victorian orphan and take a deep inhale."*

*"By the Swig of Liquid Gold, I solemnly swear to drink actual water instead of surviving on coffee, Red Bull, and vibes."*

*"By the Munchie Mana, I accept that I cannot function on one sad granola bar and regret. I will eat actual food like a grown-ass mofo."*

*"By the Snooze Button of Destiny, I admit that sleep is not for the weak—it's for the **functional**. I will not try to ‘push through’ with caffeine and sheer willpower alone."*

*"By the Fortress of Cozy, I recognise that living in a chaotic goblin den does NOT make me more witchy. I will clean my damn space."*

*"By the Fabric of Awesomeness, I acknowledge that pants do have an impact on my motivation, and wearing the same hoodie for a week straight is not a power move."*

*"By the Body Bounce, I understand that my body needs movement. I will wiggle, stretch, or at least flail dramatically in protest."*

*"By the Safety Blanket of the Universe, I accept that safety is sexy, and I will not ignore my mental, emotional, or physical needs like a dumbass."*

(Pause. Assess. Are you breathing? Are you dehydrated? Are you **hanging on by a spiritual thread?** Fix that first.)

🔴 **FIRST RULE OF MAGIC: Your spells will be weak as hell if your body is running on fumes.**

#### ⌚ Step Two: The Security Check (Aka, Stop Stressing & Self-Sabotaging)

Magic doesn't work if you're constantly in **financial panic mode, existential dread, or on the verge of an emotional breakdown**. So let's fix that.

Say it with me:

*"By the Hug of Emotional Softness, I accept that bottling up my emotions like a shaken soda will eventually cause an **explosion of questionable decisions**."*

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"By the Bank of Eternal Coins, I admit that financial stress makes me **manifest dumb shit**. I will make a budget instead of just vibing my way through capitalism."

"By the Jobber-Patronus, I acknowledge that job security matters, and I will stop pretending that burnout is a personality trait."

"By the Bunker of Badassery, I recognise that **avoiding my problems** is not, in fact, a valid protection spell."

"By the Super-Health Forcefield, I vow to **make doctor's appointments like a responsible adult**, even though I'd rather just Google my symptoms and assume I'm dying."

(Pause. What's making you spiral? Are you ignoring a Very Important Thing? Handle it before you attempt any cosmic fuckery.)

 **SECOND RULE OF MAGIC: You cannot manifest abundance while actively freaking the fuck out about survival.**

### **Step Three: The Sacred Ritual of Not Being a Lonely Gremlin**

Even **dark witches need homies**. If you've been isolating yourself, it's time to fix that.

Repeat:

"By the Cuddle Cloud, I allow myself to be held, emotionally or physically, even if it makes me cringe."

"By the BFF Portal, I will actually answer my texts instead of going full hermit mode and ghosting my friends for six months."

"By the Love Potion No. 99, I recognise that romantic connections **cannot thrive on passive-aggressive texting and emotional repression.**"

"By the Social Sparkle, I acknowledge that **being around other humans is occasionally necessary, even if people are exhausting.**"

"By the Family Fortress, I honour my roots, even if family group chats make me want to launch my phone into the sun."

(Pause. When was the last time you actually had fun with people? When was the last time you **allowed yourself to be loved**? Go handle that.)

 **THIRD RULE OF MAGIC: Isolation kills creativity, magic, and sanity. Check yourself before you wreck yourself.**

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### 🏆 Step Four: The Confidence Incantation (For When You Feel Like a Soggy Tortilla of Self-Doubt)

Your spells are only as strong as **your belief in yourself**. If you feel like a **useless bag of anxiety, despair and dicks** your magic is gonna flop.

Declare this with your chest:

*"By the Mirror of Ultimate Badassery, I see that I am, in fact, That Bitch."*

*"By the Royal Crown of Recognition, I recognise my accomplishments, even the small ones (yes, getting out of bed counts)."*

*"By the Power-Pants of Competence, I embrace the fact that I **do know some shit** and I am capable as hell."*

*"By the Confidence Turbo-Boost, I will stop **gaslighting myself** into thinking I suck when I clearly don't."*

(Pause. When was the last time you gave yourself credit for being awesome? **FIX THAT IMMEDIATELY.**)

### 🌟 FOURTH RULE OF MAGIC: If you don't believe in yourself, your spells will have the same energy as a wet firecracker.

### 🧠 Step Five: The Brain Juice Blessing (Because Magic Requires Actual Thought)

Let's be real: If your brain is running on **low-power mode**, your magic will be as effective as a Wi-Fi signal in the middle of nowhere.

Repeat:

*"By the Brainy-Bear Knowledge Nugget, I will feed my brain actual information instead of just scrolling TikTok for three hours."*

*"By the Deep Thought Vortex, I allow myself to question things and not just **blindly vibe through life.**"*

*"By the Problem-Solving Potion, I remind myself that I am **not actually doomed** and can figure shit out."*

(Pause. Have you been **mentally checked out** lately? Read a book. Learn something new. Engage your brain.)

### 🧠 FIFTH RULE OF MAGIC: Dumb wizard energy leads to dumb wizard mistakes.

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### 🔥 FINAL STEP: Closing the Circle & Acknowledging Your Inner Badass

Take a deep breath. You are now **grounded, hydrated, aware, and ready to channel your full magical potential.**

Before you start manifesting, summoning spirits, or casting spells, ask yourself:

- Am I **fed, rested, and hydrated?**
- Am I **not spiralling into an fucking MTB?**
- Have I **tended to my emotional and social needs?**
- Do I **believe in my own badassery?**
- Is my brain actually working?

If **yes**, go forth and **wield your magic with power and clarity.**

If **no**, **fix your shit first** before you try to manipulate reality.

🌟 **So mote it be, bitch.** 🌟