

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

LIST OF HUMAN NEEDS

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

LIST OF HUMAN NEEDS

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

LIST OF HUMAN NEEDS

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**."*

LIST OF HUMAN NEEDS


*"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.**

LIST OF HUMAN NEEDS

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.**

LIST OF HUMAN NEEDS

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.** 