***What Motivates You?***

**Psychologists surveyed many thousands of people from diverse backgrounds in life to learn what their goals are. From these data, they constructed a list of 16 basic desires, or 16 human needs, that reveal 16 universal goals. The 16 desires are:**

**Acceptance the desire for positive self-regard**

**Curiosity the desire for** [**understanding**](http://www.psychologytoday.com/basics/empathy)

**Eating the desire for food**

**Family the desire to raise children and spend time with siblings**

**Honor the desire for upright character**

**Idealism the desire for social justice**

**Independence the desire for self-reliance**

**Order the desire for to be organized and clean**

**Physical activity the desire for muscle exercise**

**Power the desire for influence or leadership**

**Romance the desire for** [**beauty**](http://www.psychologytoday.com/basics/beauty) **and sex**

**Saving the desire to collect**

**Social contact the desire for peer companionship**

**Status the desire for respect based on social standing**

**Tranquility the desire to be free of anxiety and pain**

**Vengeance the desire to confront those who offend**

1. **Which 5 goals are most important to you?**
2. **Which 3 goals are least important to you?**