



# ULTIMATE YOU

With Isra Altayar

*ARE YOU READY TO MASTER YOUR MIND?*



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# Understanding self and others

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Towards Pleasure

Away from pain

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1) Where is your pain?

2) Is it so bad that you want to get rid of it?

3) Is the pleasure you are seeking big enough for you to strive for it?

4) Have you become complacent in your current life or do you have the drive for more?

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# The 6 Human Needs

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- We have shared behavioural system
- Affects the way we make decisions
- We prioritise them differently
- Our beliefs on each need is unique





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# The 6 needs

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1. Certainty
  2. Uncertainty
  3. Significance
  4. Love and Connection
  5. Growth
  6. Contribution
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An illustration of a target with a red bullseye and concentric rings, with a yellow arrow hitting the center. The background is blue with a white grid pattern. The word "CERTAINTY" is written in white, bold, uppercase letters below the arrow.

**CERTAINTY**





**UNCERTAINTY  
AHEAD**





**SIGNIFICANCE**



A 3D puzzle is shown against a white background with faint, stylized clouds. The puzzle consists of several white pieces and one prominent blue piece. The word "LOVE" is printed in red, bold, capital letters on the top surface of a white piece. The blue piece is positioned to the left and slightly below the "LOVE" piece, appearing to be part of the same assembly. The puzzle pieces have a realistic 3D appearance with shadows and highlights.

LOVE



GROWTH





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# What do we need to grow?

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1) Science of Achievement



2) Art of Fulfilment

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# CONTRIBUTION





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1. What have been your top 2 needs so far?

2. How has this influenced your decisions?

3. What have been the costs to this need?

4. What should your two top needs be to move you up the next level?

5. What benefit or opportunities would you have if you prioritised these two needs?

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