

Timeline of Peak Emotional Experiences — Example

Enter your peak emotional experiences, at least one from each decade of your life and then select the Dominant Need (and Secondary Need if there was one) involved.

Age	Peak emotional experience	Dominant need	Secondary need
4	Drawing and getting a drawing published	Self-actualization	
13	First date	Belonging and love needs	Esteem needs
23	Climbing a mountain in the Swiss Alps	Self-actualization	Safety needs
35	Changing jobs and promotion	Esteem	Self-actualization
42	Starting consulting business	Self-actualization	Physiological needs

Add up how many times each Need appears in the list above.
Then make note of the 1 or 2 that appear the most.

Summary

Need	Dominant need	Secondary need
Self-actualization	3	1
Esteem needs	1	1
Belongingness and love needs	1	
Safety needs		1
Physiological needs		1

