# **Maslow's Hierarchy of Needs**

### **Self-actualization**

personal growth and fulfilment

#### **Esteem needs**

achievement, status, responsibility, reputation

# **Belongingness and Love needs**

family, affection, relationships, work group, etc.

## Safety needs

protection, security, order, law, limits, stability, etc.

## **Biological and Physiological needs**

basic life needs - air, food, drink, shelter, warmth, sex, sleep, etc.

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