

Maslow's Hierarchy of Needs

Self Actualisation:
Morality, Creativity,
Spontaneity, Problem Shelving,
Lack of Prejudice, Acceptance of Fact



Esteem:
Self-Esteem, Confidence,
Achievement, Respect of Others,
Respect by Others



Love/Belonging:
Friendship, Family,
Sexual Intimacy



Safety:
Security of Body, Of Employment,
Of Resources, Of Morality, Of Health,
Of the Family, Of Property



Physiological:
Breathing, Food
Water, Sex, Sleep,
Homoeostasis, Excretion



Self Actualisation:

A person's motivation to reach his or her full potential. As shown in Maslow's Hierarchy of Needs, a person's basic needs must be met before self-actualisation can be achieved.