

# 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.