



**SELF-  
ACTUALIZA-  
TION**

morality, creativity,  
spontaneity, acceptance,  
experience purpose, meaning  
and inner potential

**SELF-ESTEEM**

confidence, achievement, respect of others,  
the need to be a unique individual

**LOVE AND BELONGING**

friendship, family, intimacy, sense of connection

**SAFETY AND SECURITY**

health, employment, property, family and social ability

**PHYSIOLOGICAL NEEDS**

breathing, food, water, shelter, clothing, sleep