# <u>Maslow's Hierarchy of Needs</u> (original five-stage model)

### **Self-actualisation**

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.