

Maslow's Hierarchy of Needs

Self-Actualization

desire to become
the most one can be

Esteem

status, recognition,
strength, freedom

Love and Belonging

friendship, intimacy, family,
connection

Safety Needs

security, employment, resources, health, property

Physiological Needs

air, water, shelter, food, sleep, clothing, reproduction

Pichère, P., & Cadiat, A.-C. (2015). Maslow's
hierarchy of needs. Lemaitre.