MASLOW'S HIERARCHY OF NEEDS
HANDOUT

SELF-ACTUALISATION
Being the best that one can be.

ESTEEM
Respected
Recognised
Self-esteem
Self-respect

LOVE/BELONGING
Social belonging –
Friendships
Intimacy
Family

SAFETY
Personal/financial security
Health and well-being
Safety net against accidents/illnesses and their adverse impacts

PHYSIOLOGICAL
Basic needs – air, water, food, clothing and shelter

Reference: adapted from *Maslow's Hierarchy of Needs*