coggle

Maslow's hierarchy of needs

Physiological

- air
- water
- food
- shelter
- sleep
- sex

Safety

- health
- security
- financial

Social Belonging

- family
- friends
- hobby
- work

Social Recognition

- respect
- status
- acceptance
- recognition

Self-Actualization

- become the most one can be
- find yourself and do what you were born for
- set goals outside of yourself
- achievable only when all other stages are fulfilled