

# Maslow's Hierarchy of Needs

(Maslow, 1943)

**Self-Actualization**

morality,  
creativity,  
spontaneity,  
problem solving,  
lack of prejudice,  
acceptance of facts

**Esteem**

self-esteem, confidence,  
achievement, respect of  
others, respect by others

**Love/Belonging**

friendship,  
family,  
sexual intimacy

**Safety**

security of body, of employment,  
of resources, of morality,  
of the family, of health, of property

**Physiological**

breathing, food,  
water, sex, sleep,  
homeostasis, excretion

