Maslow’s Hierarchy of Needs

- **Biological and Physiological**: Air, food, drink, shelter, warmth, sex, sleep
- **Safety**: Protection from elements, security, order, law, limits, stability, freedom from fear
- **Social**: Belongingness, affection and love – from work group, family, friends, romantic relationships
- **Esteem**: Achievement, mastery, independence, status, dominance, prestige, self-respect, respect from others
- **Self-Actualization**: Realizing personal potential, self-fulfillment, seeking personal growth and peak experiences