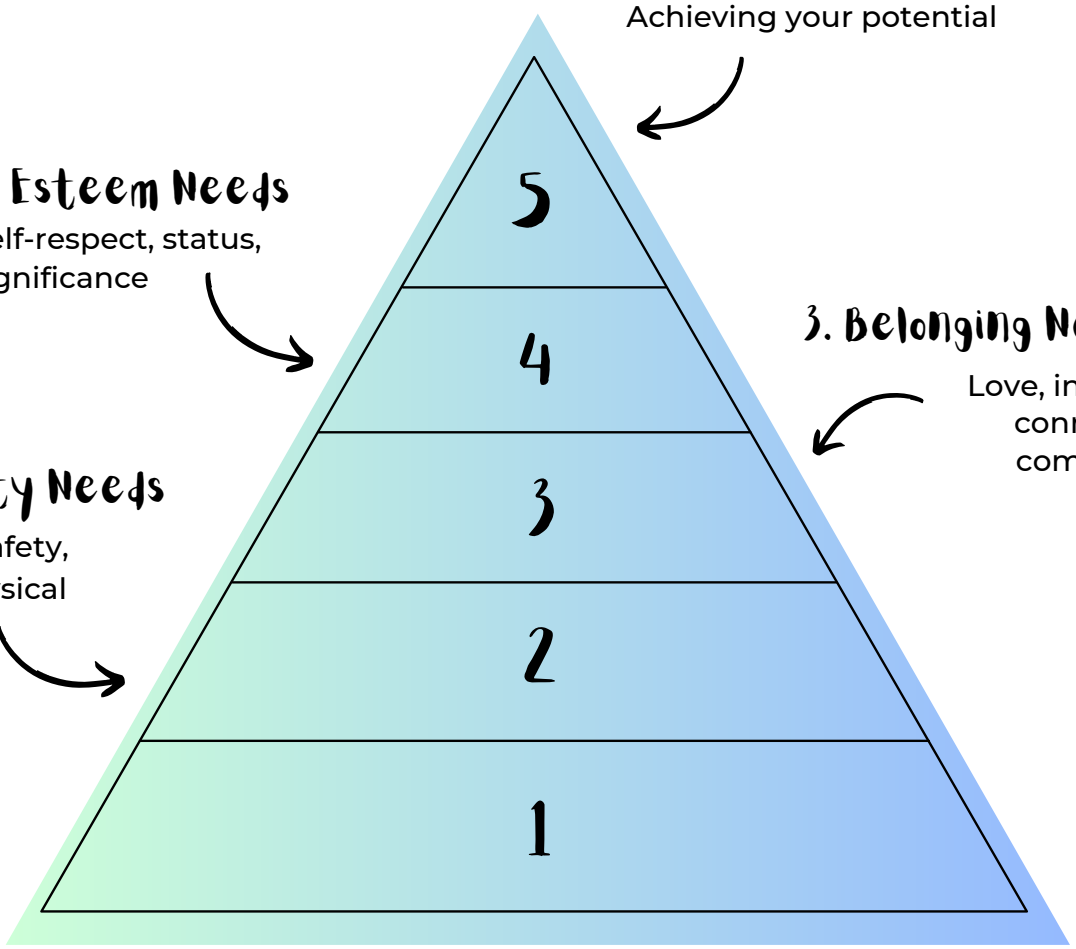
Maslow's Hierarchy of Needs



5. Self-Actualisation
Achieving your potential

4. Esteem Needs
Self-respect, status, significance

3. Belonging Needs
Love, intimacy, connection, community

2. Safety Needs
Personal safety, health, physical resources

1. Physiological Needs
Food, water, air, clothing, shelter (basic human needs)