Rory’s Maslow’s Hierarchy of needs

1: Self Actualization

Achieving full creative potential through the practice of one’s talents and interests.

2: Esteem needs

Able to take pride in one’s accomplishments with pride and humility, without self-doubt.

The feeling of having a skill that you can use effectively that help others.

3: Belongingness and love needs

Friends to confide in and enjoy time with, people you care about that also care about you, family that loves you unconditionally.

People that you can rely on to help when its needed.

4: Safety needs

Feeling of safety in one’s own space without worry of not having security.

Able to be alone with one’s self when needed.

5: Physiological needs

Nutritious food, clean water, a warm bed that feels safe to rest in.

Maintaining a healthy diet and sleep schedule.