Maslow’s Hierarchy

First needs - Physiological Needs

* Air (Breathing)
* Water
* Food
* Sleep
* Clothing
* Shelter
* Sexual Instinct

2nd Needs - Safety Needs

* Personal Security
* Financial Security
* Health and Wellbeing
* Safety needs against accidents/illness and their adverse impacts

3rd Needs - Love + Belonging

4th Needs - Esteem

* Status, Importance Respect, Honor

5th Needs - Self-Actualization

* Trying to be the best self whatever you can be after you have established your basic needs

BREAK