Maslow’s Hierarchy of Needs

**Physiological**
Air, food, water, shelter, sleep, clothing, reproduction

**Safety**
Employment, health, property, personal security, resources

**Love & Belonging**
Friendship, connection, intimacy, family

**Esteem**
Respect, self-esteem, recognition, status, strength, freedom

**Self Actualization**
Desire to become the most that one can be