

self actualization

- knowing yourself

self esteem

- how you feel about yourself

affiliation

- connections to other people

safety

- feeling secure

physiological

- basic physical needs

Self-Actualization

Safety

Affiliation

Physiological

Self-Esteem

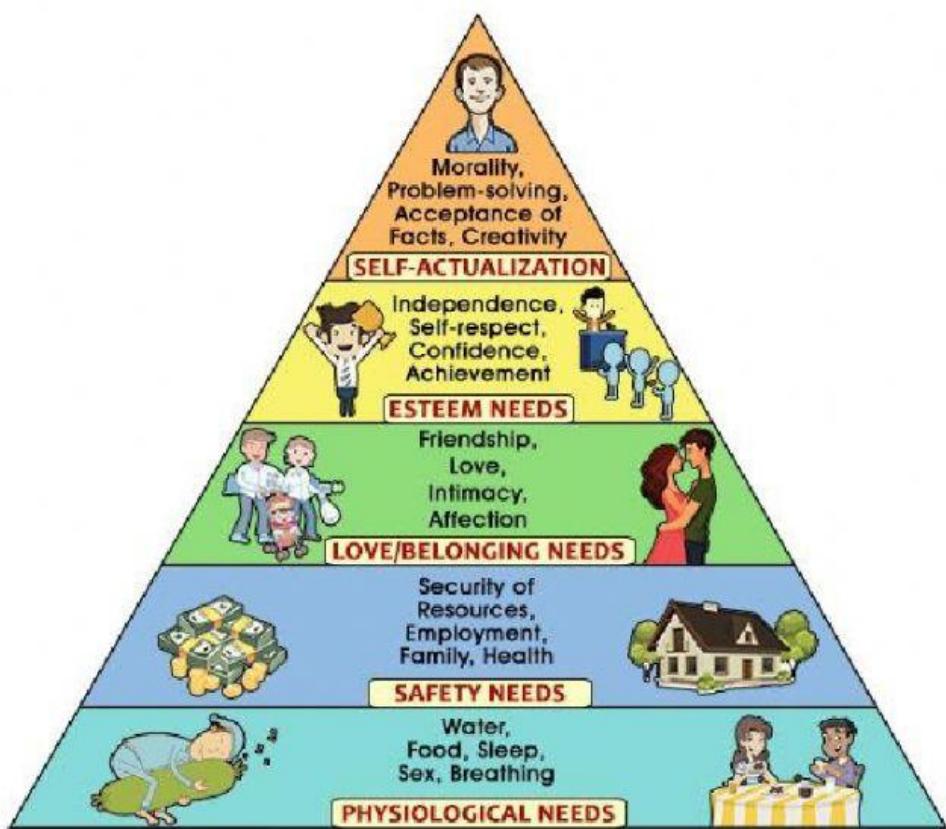
The first need. This is your need to stay alive. What do you need to survive? Air, water, food, sleep, and exercise are essential. These maintain your physical needs and help you stay alive.

The second need. It is necessary to feel safe and secure. You need to feel safe in your home and the places in which you spend most of your time. You also need to know the rules and what is expected of you.

The third basic need. This is the need to be connected and cared for by other people, such as family, friends, church, and neighbors. This need includes being a good listener, communicating clearly with others, caring about others, and having friends who care about you.

The fourth level of need. This is your need to feel good about yourself. This includes knowing what you do well, believing in yourself, looking for the positive instead of the negative, feeling needed and important, and setting the dreams and goals you want to accomplish.

The final and highest need. This means becoming the best you can be. At this level, you develop your talents more each day. You work toward your goals without giving up or being told. You are independent and want to do things to help other people. You want to help make the world a better place.



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4.

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PHYSIOLOGICAL

SELF-ACTUALIZATION

SAFETY

AFFILIATION

SELF-ESTEEM