

Maslow's Hierarchy of Needs Worksheet

Hierarchy of Needs	Ways You Currently Meets These Needs	New Practices to Meet These Needs
<p>Physiological needs</p> <p><i>“Basic human needs~ food, water, and comfort.”</i></p>		
<p>Safety needs</p> <p><i>“The desire for security, stability, and safety.”</i></p>		
<p>Social needs</p> <p><i>“The desire for affiliation including friendship and belonging.”</i></p>		
<p>Esteem needs</p> <p><i>“The desires for self-respect, and respect and recognition from others.”</i></p>		
<p>Self-actualization needs</p> <p><i>“The desire for self-fulfillment”</i></p>		