

Presented by BU Happiness College

# **Maslow's Hierarchy – learn your human needs**

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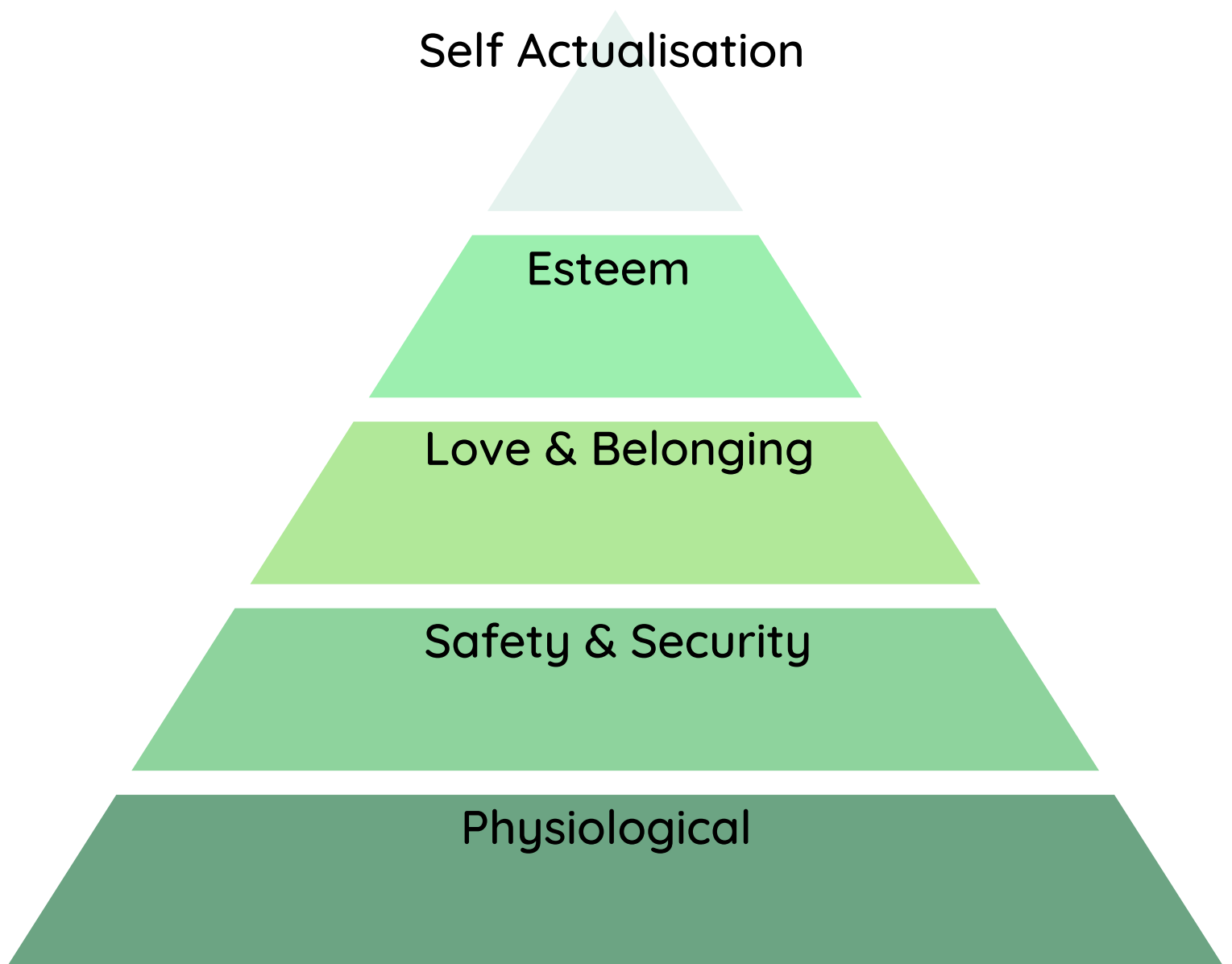


'I am growing into the best version of me'



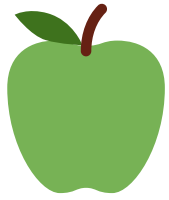
# Maslow's Heirachy of Needs

Created by American psychologist Abraham Maslow in his 1943 paper "A Theory of Human Motivation" - Maslow proposed that everything that we do (or don't do) is based around the motivation we feel from the levels of this pyramid being met:



# Physiological Needs

Food, water, air, rest / sleep, shelter, clothing, reproduction



**How do I feel when my Physiological Needs are being met?**

**How do I know / feel when these aren't being met?**

**What could I do to better meet these needs if/when I need to?**



# Safety & Security Needs

Financial security, employment, body (health), stability & predictability,  
freedom from fear



**How do I feel when my Safety & Security Needs are being met?**

**How do I know / feel when these aren't being met?**

**What could I do to better meet these needs if/when I need to?**

# BU Love & Belonging (Social) Needs

A sense of connection, friendships, family, sexual intimacy, giving & receiving affection. A sense of belonging



**How do I feel when my Love & Belonging / Social Needs are being met?**

**How do I know / feel when these aren't being met?**

**What could I do to better meet these needs if/when I need to?**

# Esteem Needs

Self Esteem, confidence, mutual respect, achievement, recognition, independence



I matter

How do I feel when my Esteem Needs are being met?

How do I know / feel when these aren't being met?

What could I do to better meet these needs if/when I need to?





# Self Actualisation Needs

Growth, Goal setting & achieving, creativity, spontaneity, problem solving, acceptance of facts, wanting to be the best that you can be



**What does the best version of me look & feel like when the below levels / Needs are being met?**

**What is the best version of me's habits & daily routines?**

A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains. The overall tone is warm and focused.

# Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...