

My Hierarchy of Needs

Write down notes against each of the sentences below. Which of those needs are being met? Which ones are not yet?

The Need to self-actualise, to do what I want to do
and be who I want to be

The Need for self-expression

The Need to be mentally stimulated

The Need for self-acceptance, self-respect and self-esteem

The Need for acceptance without judgement,
respect, love, empathy, belonging, family & community

The Need for mental and physical health, safety,
security, self-care and rest

The Need for survival - food, shelter,
water, sleep, safe air to breath