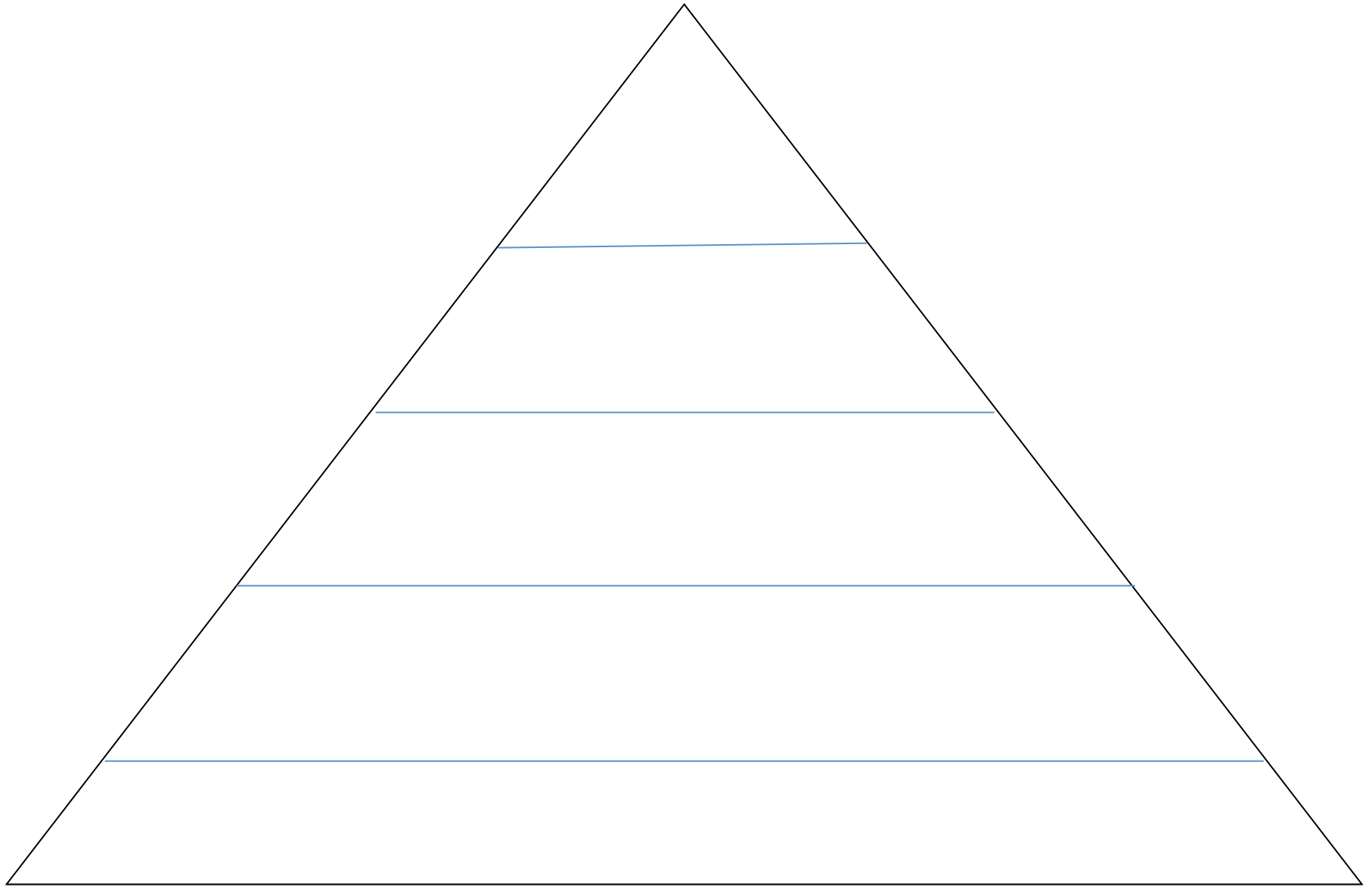


Name _____

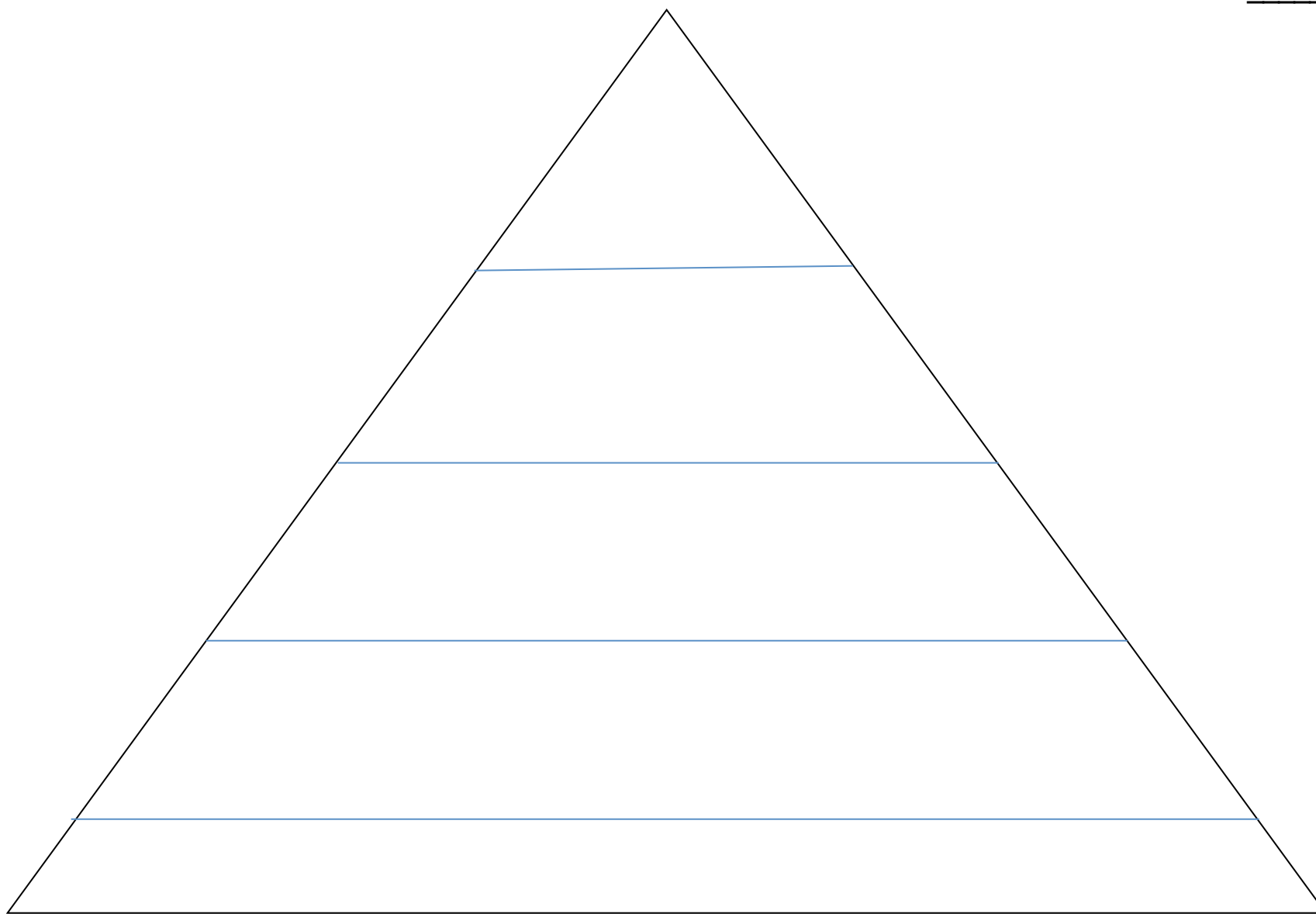
Period _____



MASLOW'S HIERARCHY OF NEEDS

Name _____

Period _____



Name _____

YOUR PERSONAL HIERARCHY OF NEEDS

*How do Maslow's needs translate into your own life? Use this worksheet to brainstorm your needs and where they fit in your own pyramid. When you're finished filling out this worksheet, transfer your ideas onto your pyramid by drawing an image or icon that represents each need. Be sure to group them in the proper category and **label each icon**. You **must have one icon for each question asked for each level**.*

1. The very bottom of the pyramid is your physiological or human survival needs: food, water, sleep, air.
 - a. What foods do you eat?
 - b. How much sleep do you get?
 - c. How much water do you drink daily or do you rely on soda or other beverages?
 - d. Do you make healthy choices? What are they?
2. The next level from the bottom is your need for safety and security: shelter, protection, etc.
 - a. Where do you go to feel safe?
 - b. Who do you feel safe with?
 - c. When do you feel safe?
 - d. Who do you get support or mentoring from?
3. The middle level is your need to belong: Where do you belong?
 - a. What groups do you belong to? (i.e. sports, church, music, school, etc.)
 - b. Where do you belong?
 - c. Who are your friends?
 - d. Who do you care about?
4. The next level to the top is your need to have self-esteem:
 - a. Where does your esteem (self-confidence) come from?
 - b. How do you want others to perceive you?
 - c. How do you build other's self-esteem?
5. The very top level is your need for self-actualization. Your needs are all fulfilled so you can begin helping others with their needs, as well as motivating yourself to reach your full potential.
 - a. What are your goals?
 - b. What makes you happy?
 - c. What can you do to help others reach their needs?
6. List one need to the side or on the back of your pyramid, that you feel is not being met? What is one thing you could do to help meet that need?