

# Maslow's Hierarchy of Human Needs

PRIORITY	TYPE	EXAMPLES / DEFINITION
5	<i>Self-Actualization</i>	<i>overall integration of personality</i>
4	<i>Esteem</i>	<i>self-respect, respect for others</i>
3	<i>Love / Belonging</i>	<i>friendship, family, marriage, children</i>
2	<i>Safety</i>	<i>physical security, health, employment, property</i>
1	<i>Physiology</i>	<i>breathing, water, food, sleep</i>

ADAPTED FROM: Maslow, A. (1943). "A theory of human motivation". <<http://books.google.com/books>>.