

MASLOW'S HIERARCHY OF NEEDS

A framework for considering human needs and motivation

AT A GLANCE



Maslow described needs from physiological survival through safety, belonging, esteem and self-actualisation. The model is a guide, not a rigid ladder.

KEY IDEAS

PHYSIOLOGICAL

Food, water, sleep, shelter, warmth and health.

SAFETY

Stability, protection, resources and predictability.

BELONGING AND ESTEEM

Connection, acceptance, competence and respect.

SELF-ACTUALISATION

Meaning, creativity, purpose and developing potential.

WHY IT MATTERS



It can help identify unmet needs that affect wellbeing and make compassionate priorities more visible.

PUTTING THE IDEA INTO PRACTICE

1

CHECK FOUNDATIONS

Which basic need needs attention first?

2

AVOID RIGIDITY

Needs overlap and vary across people and cultures.

3

SET A REALISTIC GOAL

Choose one supportive action within reach.

4

REVISIT

Needs change across circumstances and stages of life.

REFLECTION PROMPTS

1

Which need feels least supported?

2

What is most important today?

3

Who or what could help?

Use this resource as a starting point for reflection, not as a test or diagnosis.

Different experiences, cultures and circumstances may require different understandings.