MASLOW'S MOTIVATION MODEL

Task:

1. On a scale of 1 (lowest possible) – 7 (highest possible), how well do you feel you meet each need? Note your response in the space provided.

1. Physiological *"I feel my needs for survival, food, water and shelter are met."* • E.g. Having access to food, water, shelter	
2. Security/Safety *"I feel safe and protected in my immediate environment."* • E.g. Having a safe place, protection from the elements, free from fear	
3. Belongingness & Love *"I feel loved and connected to my friends and family."* • E.g. Feeling connected to other people (friends, relationships, family, community), trust, acceptance, receiving and giving love and affection, being part of a group	
4. Esteem *"I feel respect for myself and others and respect others in return."* • E.g. Self-esteem, dignity, achievement, mastery and independence, desire for reputation or respect from others	
5. Cognitive *"I feel motivated to learn and understand more and find meaning."* • E.g. Knowledge, understanding, curiosity, exploration, need for meaning and predictability	
6. Aesthetic *"I feel appreciative of and pursue to see beauty in everything."* • E.g. Appreciation and search for beauty and balance	
7. Self-Actualization *"I feel self-fulfilled and I am realizing my personal potential."* *As Maslow said: "to become everything one is capable of becoming."* • E.g. Realising personal potential, self-fulfilment, personal growth	
8. Self-Transcendence *"I feel motivated by values that are bigger than myself."* • E.g. Being motivated by values which transcend beyond the personal self (e.g. service to others, pursuit of science, religion)	

2. In the boxes below, list three needs you want to work on and complete the questions for each one (as much as you can – don't forget to be gentle with yourself, this is not a test but an opportunity to learn):

Need:		
List the things that contribute to this need being unmet	List the things that currently meet this need	List the things you can do towards meeting this need

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