

Maslow's Hierarchy of Needs

Complete the following table.

Rate your satisfaction of need fulfillment as follows: 1 – very low, 2 – low, 3 – medium, 4 – high, 5 – very high

Need Category	Examples from Class Discussion	Examples of Recent Behavior	Satisfaction Rating
Self-Actualization	1. 2.	1. 2. 3.	
Esteem	1. 2.	1. 2. 3.	
Belongingness and Love	1. 2.	1. 2. 3.	
Safety	1. 2.	1. 2. 3.	
Physiological	1. 2.	1. 2. 3.	