

Name: _____ Date: _____

Maslow's hierarchy of needs

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| 1. Food, shelter, warmth and rest. Without these, humans cannot survive. | A. Self-actualisation |
| 2. Protection from any form of danger and physical and psychological threats. | B. Esteem needs |
| 3. Need for friendship, affections, and love. | C. Esteem needs |
| 4. The need to feel achievement, competence, independence, and respect from others. | D. Love and belonging |
| 5. The process of understanding oneself more completely and feel fulfilment in what they do. | E. Self-actualisation |
| 6. Adequate pay, subsidised meal and accommodation. | F. Safety and security |
| 7. Job security and safe working conditions. | G. Physiological needs |
| 8. Teamworking, good communication systems and social facilities. | H. Physiological needs |
| 9. Praise for doing a good job, awards and rewards for achievement. | I. Love and belonging |
| 10. Opportunities to be challenged, creative, solve problems and make decisions. | J. Safety and security |