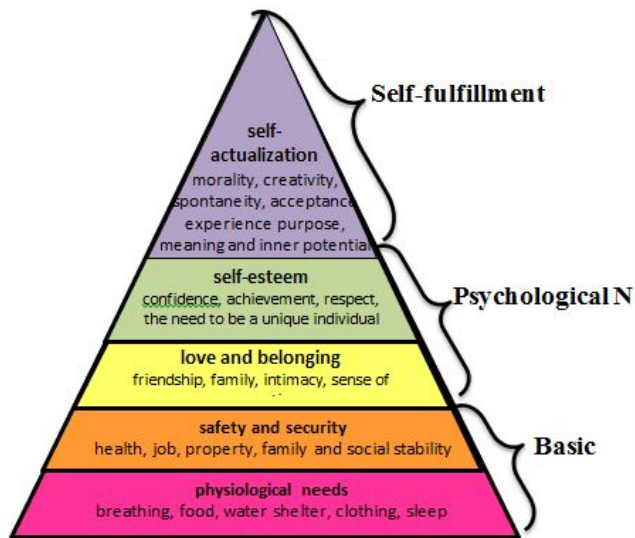
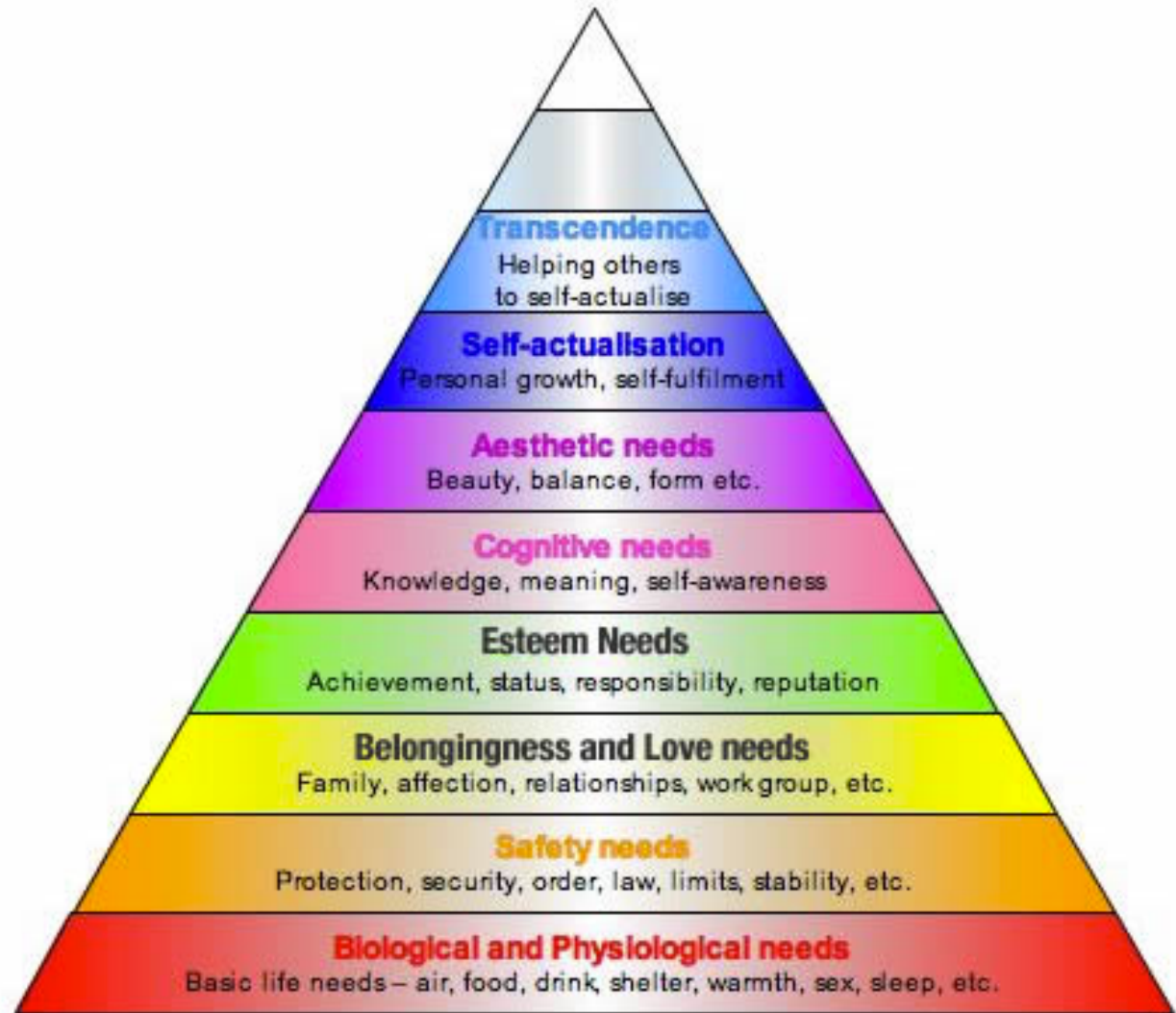


# Maslow's Hierarchy of Needs



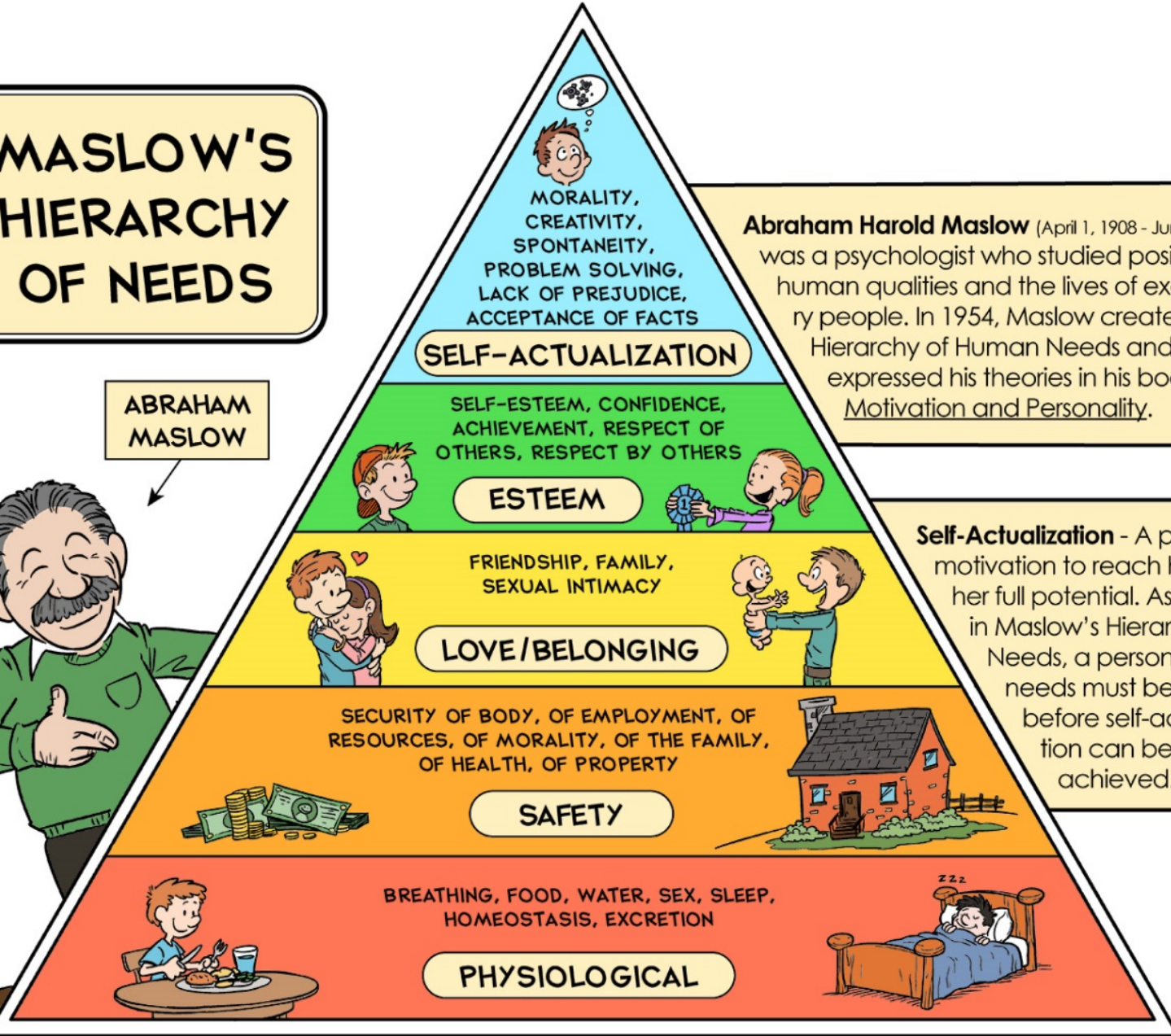
Source <https://kmjantz.wordpress.com/page/5/>



Source: <http://www.fengshuidana.com/2012/03/06/can-this-pyramid-help-you-live-up-to-your-potential-in-life/>

# MASLOW'S HIERARCHY OF NEEDS

ABRAHAM MASLOW



**Abraham Harold Maslow** (April 1, 1908 - June 8, 1970) was a psychologist who studied positive human qualities and the lives of exemplary people. In 1954, Maslow created the Hierarchy of Human Needs and expressed his theories in his book, *Motivation and Personality*.

**Self-Actualization** - A person's motivation to reach his or her full potential. As shown in Maslow's Hierarchy of Needs, a person's basic needs must be met before self-actualization can be achieved.



# MASLOW'S HIERARCHY OF NEEDS\*

\*AND THE SOCIAL MEDIA THAT FULFILL THEM.

