

# What Is Maslow's Hierarchy of Needs?

## Worksheet

Maslow's hierarchy has 5 levels: physiological (food/shelter) safety love/belonging esteem self-actualization (realizing potential). People climb the pyramid as lower needs are met.

## Questions

1. Maslow's first level is

- A) safety
- B) physiological
- C) love
- D) esteem

2. Which level includes friendship and family?

- A) physiological
- B) safety
- C) love & belonging
- D) esteem

3. Self-actualization means

- A) having money
- B) being famous
- C) realizing your potential
- D) feeling safe

4. A person with food but no friends

- A) has all physiological needs
- B) is missing love & belonging
- C) can't go higher in the pyramid
- D) both b and c

5. A refugee camp provides food and water. Why isn't this enough for wellbeing?

6. An employee has a good salary but feels isolated and underappreciated at work. What's missing?

7. A student studies hard to get a degree. Is this self-actualization?

8. Define: What are Maslow's 5 levels?

9. Define: Which need must be met first?

10. Define: What is self-actualization?

## Answer Key

1. B) physiological - Food, water, sleep, warmth - survival basics come first.
2. C) love & belonging - Connection, intimacy, and community belong to love & belonging.
3. C) realizing your potential - Self-actualization is personal growth and living your values.
4. D) both b and c - Without belongingness, a person hits a ceiling in motivation.
5. People need physiological needs met (food, water) first. But they also need safety (shelter, protection) and belonging (community, family). Wellbeing requires climbing higher in the pyramid.
6. Physiological (salary) and safety (job security) are met. But love/belonging and esteem (respect, recognition) are unmet. The employee won't be fully motivated.
7. It could be a mix: esteem (achievement, recognition) and self-actualization (personal growth). But if the goal is just a credential (status), it's more esteem. True self-actualization is pursuing your calling regardless of external reward.
8. Physiological safety love/belonging esteem self-actualization.
9. Physiological (food, water, sleep, warmth).
10. Realizing your potential and pursuing personal growth and creativity.

### **Bounlu**

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