

What Is Maslow's Hierarchy of Needs?

Worksheet

Maslow's Hierarchy of Needs is a five-level model of human motivation, ranging from basic physiological needs at the bottom to self-actualization at the top, proposing that lower needs must be largely satisfied before higher ones become strongly motivating.

Questions

1. Which need sits at the very base of Maslow's pyramid?
 - A) Physiological needs
 - B) Esteem needs
 - C) Safety needs
 - D) Self-actualization
2. What need is at the very top of Maslow's hierarchy?
 - A) Esteem
 - B) Love and belonging
 - C) Self-actualization
 - D) Safety
3. According to Maslow, what generally needs to happen before someone strongly pursues esteem needs?
 - A) Self-actualization must be complete
 - B) Love and belonging needs must be largely met
 - C) They must own a home
 - D) They must have a college degree
4. Which of the following is an example of a safety need?
 - A) Having close friendships
 - B) Having a stable job and income
 - C) Feeling respected by coworkers
 - D) Eating a meal
5. A person is working two jobs just to afford rent and groceries. Which level of Maslow's hierarchy is driving their behavior?
6. After securing a stable job and home, someone starts prioritizing spending more time with close friends and joining a community group. Which need are they now pursuing?
7. A financially successful entrepreneur leaves their company to paint full-time, saying it makes them feel truly alive and fulfilled. Which level does this represent?
8. Define: What are the 5 levels of Maslow's hierarchy, from bottom to top?
9. Define: What are physiological needs?
10. Define: What is self-actualization?

Answer Key

1. A) Physiological needs - Physiological needs (food, water, sleep) form the foundation of the hierarchy.
2. C) Self-actualization - Self-actualization, realizing one's full potential, sits at the top of the pyramid.
3. B) Love and belonging needs must be largely met - Maslow proposed that lower-level needs, including love and belonging, are generally addressed before esteem needs become dominant motivators.
4. B) Having a stable job and income - Job security and stable income relate to the safety level of the hierarchy, distinct from belonging, esteem, or physiological needs.
5. They lack reliable access to food and shelter This maps to the base of the pyramid They are primarily motivated by physiological needs (and closely tied safety needs)
6. Physiological and safety needs are largely met They now seek connection and relationships This reflects love and belonging needs
7. Lower needs (physiological, safety, belonging, esteem) are already met They pursue personal growth and creative fulfillment for its own sake This represents self-actualization
8. Physiological, Safety, Love & Belonging, Esteem, Self-Actualization.
9. The most basic survival needs: food, water, sleep, warmth, and shelter.
10. The realization of one's full potential - pursuing personal growth, creativity, and meaningful goals.

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