



# Maslow's Hierarchy of Needs

*WORKBOOK*



THE VAULT  
**FMHA**

THE FOOTBALL MENTAL HEALTH ALLIANCE





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# WELCOME

**CONGRATULATIONS ON TAKING THE FIRST STEP TOWARDS SELF-ACTUALISATION!**

This workbook is designed to guide you on a transformative journey of self-discovery and personal growth. As you work through the exercises in the workbook, you'll discover that Maslow's Hierarchy of Needs is a powerful framework that explores the fundamental human needs and the progressive stages of development towards self-actualisation.



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# WELCOME TO MASLOW'S HIERARCHY OF NEEDS!

## ABOUT THE WORKBOOK:

This workbook is your companion as you delve into the depths of Maslow's Hierarchy of Needs. It provides valuable insights, thought-provoking exercises, and practical tools to help you explore and apply the concepts in your own life. Whether seeking a deeper understanding of yourself, enhancing your wellbeing, or supporting others on their journey, this workbook offers a roadmap for growth and fulfilment.

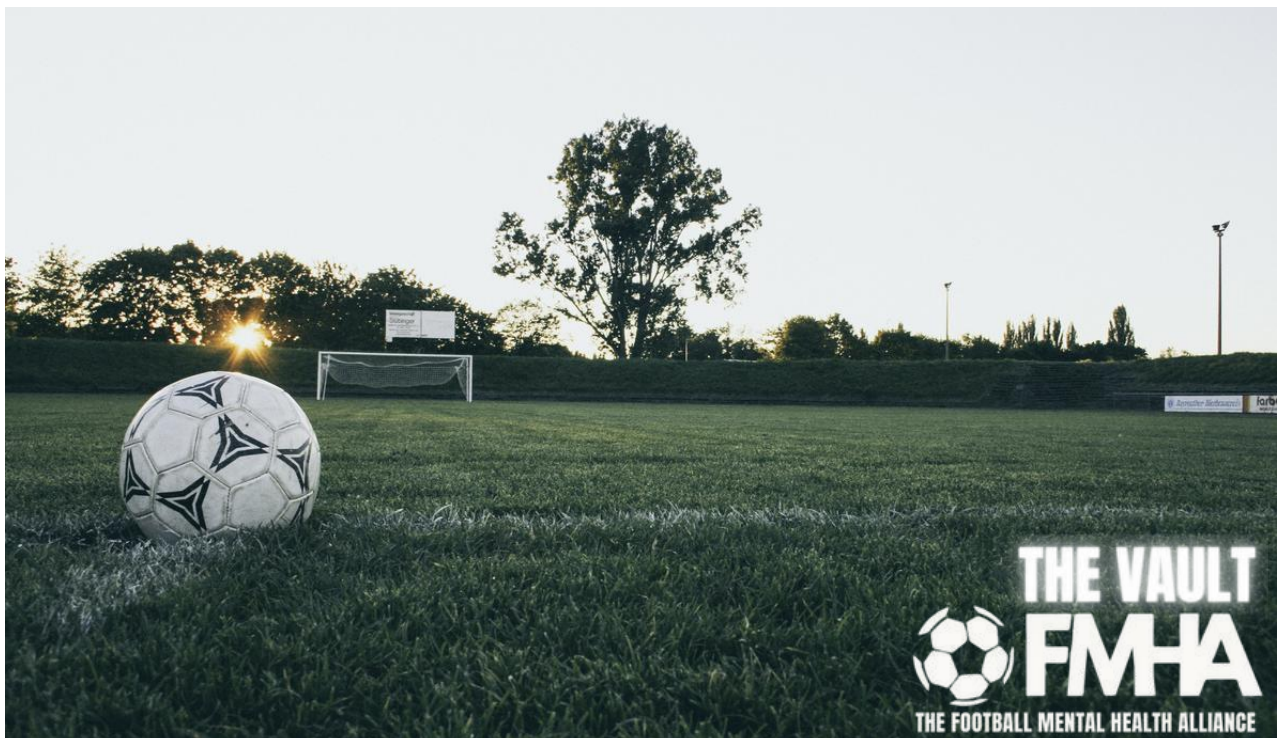
## WHAT TO EXPECT:

Throughout this workbook, you will embark on a comprehensive exploration of each level of Maslow's Hierarchy of Needs. You'll gain insights into each level's characteristics, significance, and impact on your overall wellbeing. Engaging exercises and reflection prompts will encourage self-reflection, self-discovery, and practical application of the concepts.

***This workbook is designed for informational and educational purposes only and is not intended as a substitute for professional advice from a registered healthcare professional.***

***It does not provide personalised activity, dietary, or medical advice. If you or someone you care for has special requirements, medical needs, mental health concerns, or an eating disorder, please consult with a registered healthcare professional.***

***The exercises and content within this workbook are not intended to diagnose, treat, cure, or prevent any health problem. Always seek the advice of your healthcare provider with any questions you may have regarding a medical condition or mental health condition. Use of this workbook should not replace professional medical or psychological consultations in any way.***



# HOW TO USE THIS WORKBOOK

## TAKE YOUR TIME:

Dedicate focused time and create a comfortable space to engage with the content.

## SELF-REFLECTION:

Be open and honest with yourself as you explore your needs and experiences.

## ACTIVE PARTICIPATION:

Engage actively in the exercises, journaling and reflection activities provided.

## APPLICATION:

Consider how you can apply the insights gained from each section to your daily life and relationships.

## PROGRESS AT YOUR OWN PACE:

Feel free to go through the workbook at a pace that feels right for you, allowing for deeper understanding and integration.

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Remember, this workbook is a tool for self-discovery and personal growth. Embrace the process, be kind to yourself, and honour your unique journey as you explore Maslow's Hierarchy of Needs.

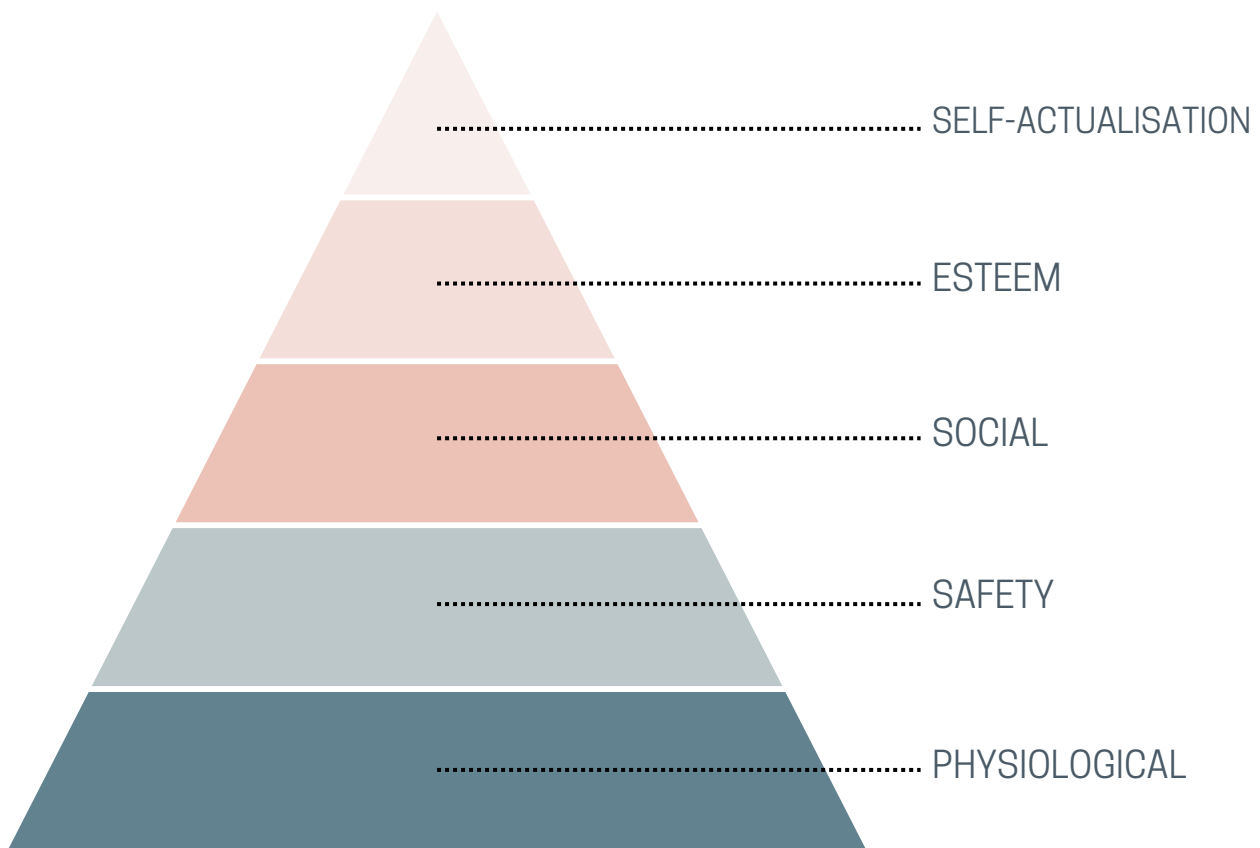


# MASLOW'S HIERARCHY OF NEEDS

Abraham Maslow is known for his theory on the hierarchy of needs, which has significantly influenced the field of psychology and human motivation. Born in 1908, Maslow dedicated his career to understanding the factors that drive human behaviour and propel individuals toward self-actualisation.

Maslow's groundbreaking work, published in his paper "*A Theory of Human Motivation*" (1943) and later expanded upon in his book "*Motivation and Personality*" (1954), introduced a hierarchical model that organises human needs into a pyramid-like structure. This model, commonly known as Maslow's Hierarchy of Needs, presents a framework for understanding the progression of human needs. At the bottom of the pyramid are basic physiological requirements and the top of the pyramid includes the pursuit of self-fulfilment.

Maslow's theory has had a profound impact on various disciplines, including psychology, education, business, and self-help, providing valuable insights into the fundamental motivations and aspirations that drive individuals.



# MASLOW'S HIERARCHY OF NEEDS

Maslow's Hierarchy of Needs consists of five distinct levels, arranged in the form of a pyramid. Each level represents a category of needs that individuals strive to fulfil, with the lower levels serving as foundational requirements for the higher levels. The five parts of the pyramid, from the bottom to the top, are as follows:

**Physiological Needs:** This is the base of the pyramid and encompasses the most fundamental needs necessary for human survival. It includes biological requirements such as food, water, air, shelter, sleep, and other physiological necessities. These needs must be satisfied before an individual can move up the hierarchy.

**Safety Needs:** Once physiological needs are met, individuals seek safety and security. This includes the need for physical safety, stability, protection from harm, financial security, a stable environment, and a sense of order. Safety needs provide a sense of predictability and protection from external threats.

**Social Needs:** The third level in the hierarchy focuses on social needs, the need for love, affection, and a sense of belonging. It includes the desire for companionship, intimacy, friendships, and positive relationships with family, friends, and communities. Meeting these needs satisfies the innate human desire for connection and acceptance.

**Esteem Needs:** This level involves the need for self-esteem and the esteem of others. It includes both internal and external aspects of esteem. Internally, it relates to self-confidence, self-respect, and a sense of personal achievement. Externally, it pertains to receiving recognition, respect, and admiration from others. Esteem needs encompass the desire to feel valued, competent, and confident in one's abilities.

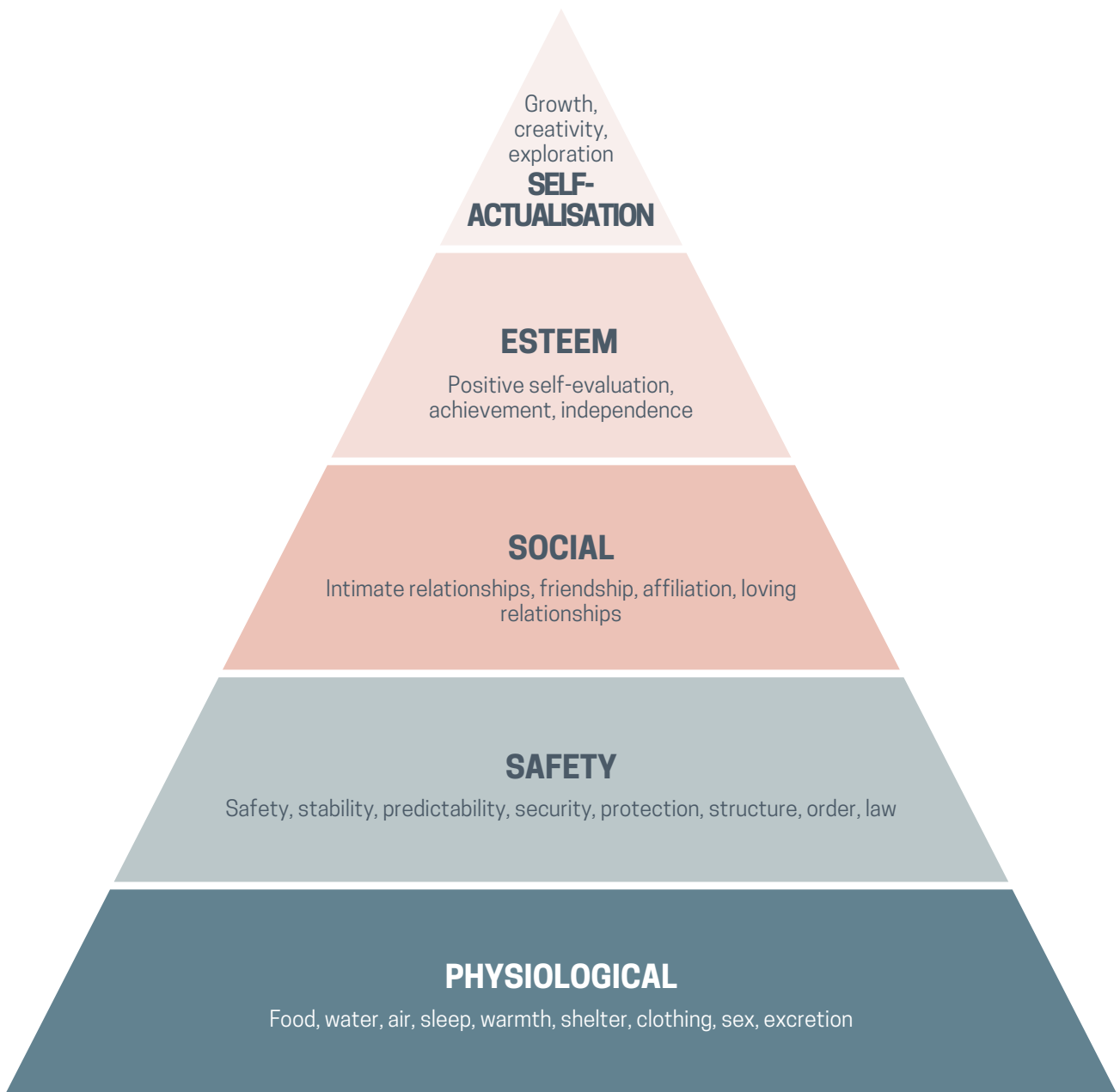
**Self-actualisation:** At the pinnacle of the pyramid lies self-actualisation, the highest level of human motivation. Self-actualisation involves the pursuit of personal growth, realising one's potential, and striving for self-fulfilment. It includes the desire for personal development, creativity, authenticity, and a deep sense of meaning and purpose in life.

It's important to note that Maslow's theory suggests that individuals typically progress through the hierarchy in a sequential manner, with each level building upon the previous one. However, it's also recognised that individuals may experience multiple needs simultaneously and may not strictly adhere to a linear progression.

**When completing this workbook, you will encounter the question: “For whatever answer you give, why do you think this is?”**

**This may sound repetitive, but it allows you to document why you feel something is working or not working for you. Writing things down gives us clarity.**

# MASLOW'S HIERARCHY OF NEEDS





# PART 1



## NURTURING YOUR PHYSIOLOGICAL WELLBEING

1. Nutrition and Nourishment
2. Rest and Sleep
3. Physical Activity
4. Hydration
5. Personal Environment
6. Health Maintenance

Take some time to reflect on your current state of physiological wellbeing and identify areas where you can enhance self-care practices. Consider the questions on the following pages and jot down your responses. Be honest with yourself and prioritise your wellbeing.

# 1. NUTRITION AND NOURISHMENT

Take some time to reflect on your current state of physiological wellbeing and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

How would you rate your current eating habits? How you would describe them.

Do you make time for regular meals, or do you often skip meals or eat on-the-go?  
For either answer, why do you think this is?

Are there any specific dietary changes or improvements you would like to make? Why?

Are you consuming a balanced diet? Again, if yes or no, why do you think this is?

## 2. REST AND SLEEP

Take some time to reflect on your current state of physiological wellbeing and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

How many hours of sleep do you typically get each night? Do you feel well-rested?

Are you following a consistent sleep schedule, or do you have irregular sleeping patterns? For either answer, why do you think this is?

Do you engage in relaxation techniques or wind-down rituals before bed? What does your 'pre-sleep' activity look like? Are you on your phone, or reading etc?



### 3. PHYSICAL ACTIVITY

Take some time to reflect on your current state of physiological wellbeing and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

How often do you engage in physical exercise or movement that raises your heart rate?  
For whatever answer you give, why do you think this is?

Are you satisfied with your current level of physical activity? Do you feel energised?  
For either answer, why do you think this is?

What types of physical activities or exercises do you enjoy or would like to try?

## 4. HYDRATION

Take some time to reflect on your current state of physiological wellbeing and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

How much water do you drink on a daily basis? Are you meeting your body's hydration needs?

*The amount of fluid an individual needs can vary based on factors such as age, activity level, climate, and health status. However, general guidelines suggest:*

- *Adults: Approximately 1.5 to 2 litres (about 6-8 glasses) of fluids per day. This can be from water, as well as other beverages and high-water-content foods.*
- *Children: Slightly less than adults, with the amount increasing as they reach teenage years to match adult intake.*
- *Special Considerations: Pregnant and breastfeeding women, athletes and the elderly may have increased fluid needs.*

**Always seek medical advice.**

Do you consume excessive amounts of caffeine, sugary drinks, or alcohol?  
If so, why do you think this is?

Are there any strategies you can implement to ensure you stay adequately hydrated?

## 5. PERSONAL ENVIRONMENT

Take some time to reflect on your current state of physiological wellbeing and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

Is your living or working environment clean, organised and conducive to your wellbeing?  
For whatever answer you give, why do you think this is?

Are there any environmental factors that negatively impact your physiological health?

How can you create a more comfortable and nourishing environment for yourself?



## 6. HEALTH MAINTENANCE

Take some time to reflect on your current state of physiological wellbeing and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

Do you regularly schedule and attend medical check-ups and screenings?  
For whatever answer you give, why do you think this is?

Are you up to date with vaccinations and preventive healthcare measures?

Are there any health concerns or conditions that you have been neglecting?  
If so, why do you think this is?

# NURTURING YOUR PHYSIOLOGICAL WELLBEING

## ACTION STEPS

Based on your reflections, set actionable goals to enhance your physiological wellbeing. Consider what changes you can realistically make and commit to implementing them. Write down three specific action steps you will take to prioritise your physiological needs.

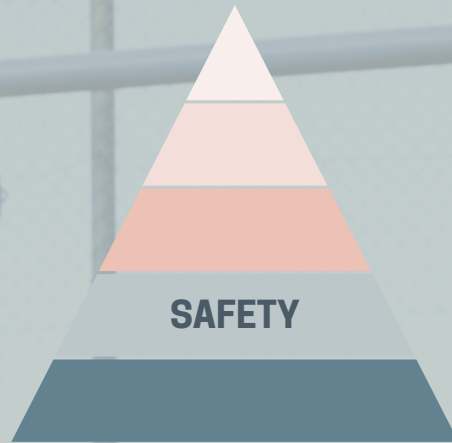
**STEP 1:**

**STEP 2:**

**STEP 3:**

Remember, self-care is an ongoing practice. Revisit this worksheet regularly to assess your progress and make adjustments as needed. Your physiological wellbeing forms the foundation for higher levels of fulfilment and self-actualisation. Take care of yourself, and prioritise your needs!

## PART 2



# CULTIVATING A SENSE OF SAFETY AND SECURITY

1. Physical Safety
2. Emotional Wellbeing
3. Financial Stability
4. Personal Boundaries
5. Emergency Preparedness
6. Mental Health

Take some time to reflect on your current state of safety and security and identify areas where you can enhance self-care practices. Consider the questions on the following pages and jot down your responses. Be honest with yourself and prioritise your wellbeing.



# PHYSICAL SAFETY

Take some time to reflect on your current state of safety and security and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

Do you feel physically safe in your living environment, workplace and daily surroundings?  
For whatever answer you give, why do you think this is?

Are there any safety concerns or hazards that you need to address?

Are you taking necessary precautions to ensure your physical wellbeing?  
For whatever answer you give, why do you think this is?

## 2. EMOTIONAL WELLBEING

Take some time to reflect on your current state of safety and security and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

Do you feel emotionally secure and supported in your relationships?  
Why?

Are there any toxic or unhealthy relationships that may be impacting your emotional safety?  
If yes, why do you think this is the case?

Are you setting and maintaining boundaries that protect your emotional wellbeing?  
For whatever answer you give, why do you think this is?

### 3. FINANCIAL STABILITY

Take some time to reflect on your current state of safety and security and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

Do you feel secure and confident in your current financial situation?  
Why?

Are you managing your finances responsibly and planning for the future?  
For whatever answer you give, why do you think this is?

Are there any steps you can take to improve your financial stability, such as creating a budget or seeking financial advice?

## 4. PERSONAL BOUNDARIES

Take some time to reflect on your current state of safety and security and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

Are you able to establish and communicate your personal boundaries effectively?  
For whatever answer you give, why do you think this is?

Do you feel respected and supported in maintaining your boundaries?

Are there any areas where you need to strengthen your personal boundaries?



## 5. EMERGENCY PREPAREDNESS

Take some time to reflect on your current state of safety and security and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

Do you have a plan in place for emergencies or unexpected situations?

How well do you communicate and collaborate with others to ensure collective safety and support during emergencies?

Are there any steps you can take to enhance your preparedness, such as learning first aid or creating an emergency kit?

## 6. MENTAL HEALTH

Take some time to reflect on your current state of safety and security and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

Are you prioritising your mental health and wellbeing?  
If so, why? If not, why?

Do you have healthy coping mechanisms to manage stress and emotional challenges?

Are there any self-care practices or resources you can incorporate to support your mental wellbeing?

# CULTIVATING A SENSE OF SAFETY AND SECURITY

## ACTION STEPS

Based on your reflections, set actionable goals to enhance your safety and security. Consider what changes you can realistically make and commit to implementing them. Write down three specific action steps you will take to prioritise your safety needs.

**STEP 1:**

**STEP 2:**

**STEP 3:**

Remember, self-care is an ongoing practice. Revisit this worksheet regularly to assess your progress and make adjustments as needed. Cultivating a sense of safety and security supports your overall wellbeing and paves the way for higher levels of fulfilment and self-actualisation. Take care of yourself and prioritise your needs!

## PART 3



**SOCIAL**

# CREATING MEANINGFUL CONNECTIONS AND BELONGING

1. Supportive Relationships
2. Meaningful Connections
3. Communication and Openness
4. Acts of Kindness
5. Self-care Within Relationships
6. Finding Purpose and Contribution

Take some time to reflect on your current state of social needs and identify areas where you can enhance self-care practices. Consider the questions on the following pages and jot down your responses.

Be honest with yourself and prioritise your wellbeing.



# 1. SUPPORTIVE RELATIONSHIPS

Take some time to reflect on your current state of social needs and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

Are you surrounded by supportive and nurturing relationships in your life?  
Why?

Do you have a support system of friends, family, or loved ones you can rely on?

Are there any relationships that may be toxic or draining that you need to address?  
If yes, why? If no, why?

## 2. MEANINGFUL CONNECTIONS

Take some time to reflect on your current state of social needs and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

Do you have meaningful connections and a sense of belonging in your community or social groups?

Are there opportunities to meet new people who share similar interests or values?

Are you actively involved in activities or organisations that align with your passions?

### 3. COMMUNICATION AND OPENNESS

Take some time to reflect on your current state of social needs and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

Are you able to effectively communicate your thoughts, feelings, and needs to others?

Do you actively listen and show empathy when engaging in conversations?

Are there any barriers to open and honest communication that you need to address?

## 4. ACTS OF KINDNESS

Take some time to reflect on your current state of social needs and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

Do you engage in acts of kindness toward others and yourself?

Are you cultivating a culture of compassion and empathy in your relationships?

Are there any opportunities to extend acts of kindness to those around you?

## 5. SELF-CARE WITHIN RELATIONSHIPS

Take some time to reflect on your current state of social needs and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

Do you prioritise self-care while maintaining relationships?  
If you do, give yourself examples. If you don't, maybe jot down why you don't.

Are you setting healthy boundaries and taking time for yourself when needed?  
For whatever answer you give, why do you think this is?

Are there any self-care practices you can incorporate to enhance your wellbeing within relationships?



## 6. FINDING PURPOSE AND CONTRIBUTION

Take some time to reflect on your current state of social needs and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

Do you feel a sense of purpose and meaning in your relationships and/or community?

Are you contributing to causes or activities that align with your values and passions?

Are there any opportunities for you to make a positive impact in your community?

# CREATING MEANINGFUL CONNECTIONS AND BELONGING

## ACTION STEPS

Based on your reflections, set actionable goals to enhance your social needs. Consider what changes you can realistically make and commit to implementing them. Write down three specific action steps you will take to prioritise your relationships and sense of belonging.

**STEP 1:**

**STEP 2:**

**STEP 3:**

Remember, self-care is an ongoing practice. Revisit this worksheet regularly to assess your progress and make adjustments as needed. Fostering meaningful connections and a sense of belonging supports your overall wellbeing and contributes to higher levels of fulfilment and self-actualisation. Take care of yourself and prioritise your needs!

## PART 4



# CULTIVATING SELF- WORTH AND POSITIVE RECOGNITION

1. Self-reflection and Self-appreciation
2. Setting and Achieving Goals
3. Recognizing Personal Achievements
4. Positive Affirmations and Self-care
5. Positive Influences
6. Developing Skills and Expertise

**Take some time to reflect on your current state of esteem needs and identify areas where you can enhance self-care practices. Consider the questions on the following pages and jot down your responses. Be honest with yourself and prioritise your wellbeing.**

# 1. SELF-REFLECTION AND SELF-APPRECIATION

Take some time to reflect on your current state of esteem needs and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

Do you regularly engage in self-reflection and acknowledge your personal strengths and accomplishments? For whatever answer you give, why do you think this is?

Are you practising self-compassion and treating yourself with kindness and understanding? Why?

Are there any negative self-talk patterns or self-limiting beliefs that you need to address?

## 2. SETTING AND ACHIEVING GOALS

Take some time to reflect on your current state of esteem needs and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

Are you setting meaningful goals that align with your values and aspirations?

Are you taking steps to actively pursue and achieve these goals?  
If not, why do you think this is?

Are there any barriers or obstacles preventing you from reaching your goals that you need to overcome?



### 3. RECOGNISING PERSONAL ACHIEVEMENTS

Take some time to reflect on your current state of esteem needs and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

Do you celebrate your achievements, both big and small?  
For whatever answer you give, why do you think this is?

Are you acknowledging your progress and giving yourself credit for your efforts?  
If yes, why? If no, why?

Are there any achievements or milestones you have neglected to acknowledge and appreciate? If so, why do you think this is?

## 4. POSITIVE AFFIRMATIONS AND SELF-CARE

Take some time to reflect on your current state of esteem needs and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

Do you practise positive affirmations and self-care routines that enhance your self-worth?

Are you engaging in activities that nurture your mental, emotional, and physical wellbeing?

Are there any self-care practices or affirmations you can incorporate to boost your self-esteem?

## 5. POSITIVE INFLUENCES:

Take some time to reflect on your current state of esteem needs and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

Do you have a supportive social circle that uplifts and encourages you?

Are you surrounding yourself with positive role models and mentors?

Are there any relationships or influences in your life that may be undermining your self-esteem? If so, why do you think this is?

## 6. DEVELOPING SKILLS AND EXPERTISE

Take some time to reflect on your current state of esteem needs and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

Are you investing time and effort into developing skills and expertise in areas of interest?

Do you actively seek out opportunities for growth and learning?  
For whatever answer you give, why do you think this is?

Are there any skills or knowledge gaps you would like to address to enhance your self-esteem?

# CULTIVATING SELF-WORTH AND POSITIVE RECOGNITION

## ACTION STEPS

Based on your reflections, set actionable goals to enhance your esteem needs. Consider what changes you can realistically make and commit to implementing them. Write down three specific action steps you will take to prioritise your self-worth and positive recognition.

**STEP 1:**

**STEP 2:**

**STEP 3:**

Remember, self-care is an ongoing practice. Revisit this worksheet regularly to assess your progress and make adjustments as needed. Cultivating self-worth and positive recognition supports your overall wellbeing and contributes to higher levels of fulfilment and self-actualisation. Take care of yourself and prioritise your needs!



## **PART 5**

**SELF-ACTUALISATION**

# **EMBRACING PERSONAL GROWTH AND SELF- FULFILMENT**

- 1. Clarifying Your Values and Passions:**
- 2. Setting Meaningful Life Goals:**
- 3. Exploring Personal Creativity:**
- 4. Embracing Continuous Learning**
- 5. Embodying Authenticity**
- 6. Cultivating Mindfulness and Presence**

**Take some time to reflect on your current state of self-actualisation needs and identify areas where you can enhance self-care practices. Consider the questions on the following pages and jot down your responses. Be honest with yourself and prioritise your wellbeing.**

# 1. CLARIFYING YOUR VALUES AND PASSIONS

Take some time to reflect on your current state of self-actualisation needs and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

What are your core values and what truly matters to you in life?

What are your passions and interests that ignite a sense of purpose and fulfilment?

Are you aligning your actions and choices with your values and passions?  
For whatever answer you give, why do you think this is?

## 2. SETTING MEANINGFUL LIFE GOALS

Take some time to reflect on your current state of self-actualisation needs and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

Do you have clear and meaningful goals that reflect your aspirations?

Are your goals aligned with your values and passions?

Are there any specific goals or dreams you have been neglecting or postponing?

### 3. EXPLORING PERSONAL CREATIVITY

Take some time to reflect on your current state of self-actualisation needs and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

Do you make time for activities that allow you to express your creativity?  
For whatever answer you give, why do you think this is?

Are you engaging in hobbies or artistic pursuits that bring you joy and fulfilment?  
For whatever answer you give, why do you think this is?

Are there any new creative outlets or forms of self-expression you would like to explore?

## 4. EMBRACING CONTINUOUS LEARNING

Take some time to reflect on your current state of self-actualisation needs and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

Do you have a mindset of curiosity and a desire for lifelong learning?  
For whatever answer you give, why do you think this is?

Are you actively seeking opportunities to expand your knowledge and skills?

Are there any specific areas of knowledge or skills you would like to develop?

## 5. EMBODYING AUTHENTICITY

Take some time to reflect on your current state of self-actualisation needs and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

Are you living in alignment with your true self and expressing your authentic identity?

Are you comfortable being vulnerable and showing up authentically in your relationships?

Are there any areas of your life where you feel you are not being true to yourself?

## 6. CULTIVATING MINDFULNESS AND PRESENCE

Take some time to reflect on your current state of self-actualisation needs and identify areas where you can enhance self-care practices. Consider the following questions and jot down your responses. Be honest with yourself and prioritise your wellbeing.

Are you practising mindfulness and being fully present in the present moment?

Do you make time for activities that promote inner peace, reflection, and self-awareness?

Are there any mindfulness practices or self-reflection exercises you would like to incorporate into your routine?



# EMBRACING PERSONAL GROWTH AND SELF-FULFILMENT

## ACTION STEPS

Based on your reflections, set actionable goals to enhance your self-actualisation needs. Consider what changes you can realistically make and commit to implementing them. Write down three specific action steps you will take to prioritise your personal growth and self-fulfilment.

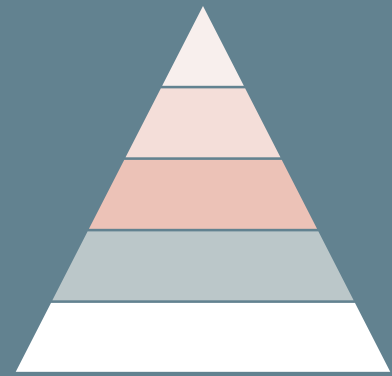
### STEP 1:

### STEP 2:

### STEP 3:

Remember, self-care is an ongoing practice. Revisit this worksheet regularly to assess your progress and make adjustments as needed. Embracing personal growth and self-fulfilment supports your overall wellbeing and contributes to a meaningful and purposeful life. Take care of yourself and prioritise your needs!

# MEETING PHYSIOLOGICAL NEEDS



## PROPER NUTRITION

Eating a balanced diet that includes a variety of fruits, vegetables, whole grains, and lean proteins.  
Planning and preparing nutritious meals and snacks.  
Cutting back on processed foods.

## ADEQUATE SLEEP

Establishing a regular sleep schedule and ensuring you get the recommended amount of sleep each night.  
Creating a comfortable sleep environment that is conducive to quality rest.  
Practising relaxation techniques before bed.

## HYDRATION

Drinking an adequate amount of water throughout the day to stay hydrated.  
Limiting sugary drinks and opting for water as the primary beverage.  
Carrying a reusable water bottle to ensure access to water wherever you go.

## CLEAN WATER AND SANITATION

Ensuring access to clean and safe drinking water sources.  
Practising proper sanitation, including handwashing and safe disposal of waste.  
Supporting initiatives that promote clean water and sanitation in communities.

## PHYSICAL EXERCISE

Engaging in regular physical activity that suits your fitness level and preferences.  
Incorporating activities like walking, yoga, cycling, or running into your routine.  
Finding opportunities to be active throughout the day.

## HEALTHCARE

Scheduling regular medical check-ups and preventive screenings.  
Adhering to prescribed medications and following medical advice.  
Seeking medical attention when necessary and addressing any health concerns.

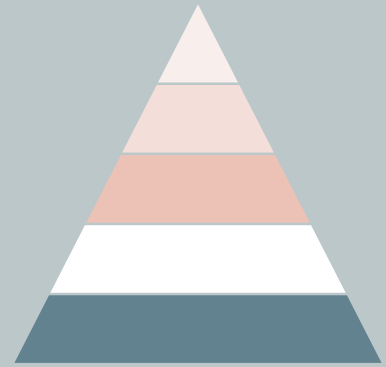
## COMFORTABLE LIVING ENVIRONMENT

Ensuring your living environment is clean and organised.  
Maintaining a comfortable temperature and proper ventilation in your home.  
Taking steps to address any maintenance issues promptly.

## PERSONAL HYGIENE

Practising good personal hygiene habits, such as daily bathing or showering.  
Regularly brushing and flossing your teeth and maintaining oral health.  
Taking care of grooming needs, including hair care, skincare, and cleanliness.

# MEETING SAFETY NEEDS



## PHYSICAL SAFETY

Ensuring your home is equipped with smoke detectors and fire extinguishers. Installing locks on doors and windows to enhance home security. Taking precautions when driving, e.g. driving the speed limit.

## EMOTIONAL WELLBEING

Surrounding yourself with positive and supportive relationships. Setting and enforcing boundaries in relationships to protect your wellbeing. Seeking therapy or counselling when facing emotional challenges or trauma.

## FINANCIAL SECURITY

Creating a budget and actively managing your finances to meet your needs. Building an emergency fund to provide a safety net. Seeking financial advice to make informed decisions and improve financial security.

## PERSONAL SAFETY

Taking self-defense classes to enhance personal safety and confidence. Being aware of your surroundings and trusting your intuition. Communicating your whereabouts and plans with trusted individuals for security.

## DIGITAL SAFETY

Using strong passwords for online accounts and regularly updating them. Being cautious when sharing personal information online and browse safely. Regularly updating and using reliable antivirus software.

## EMERGENCY PREPAREDNESS

Creating an emergency preparedness kit with essential supplies. Knowing emergency evacuation routes in your home or workplace. Educating yourself on basic first aid and CPR techniques.

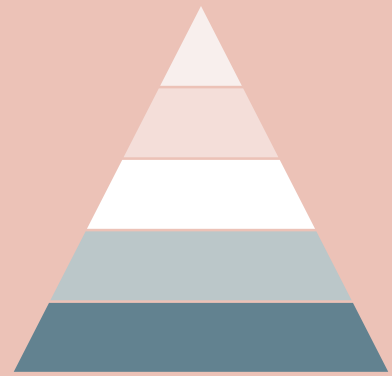
## SAFE LIVING ENVIRONMENT

Regularly inspecting your home for safety hazards and addressing them promptly. Installing and maintaining carbon monoxide detectors and fire alarms. Keeping walkways and stairs clear with good lighting throughout your home.

## WORKPLACE SAFETY

Following safety protocols and guidelines in your workplace. Reporting any safety concerns or hazards to the appropriate authorities. Using protective equipment and following proper procedures.

# MEETING SOCIAL NEEDS



## MEANINGFUL RELATIONSHIPS

Building and nurturing healthy relationships with family members, and friends.  
Investing time and effort in deepening connections with others.  
Engaging in activities that promote shared interests.

## EFFECTIVE COMMUNICATION

Practising active listening skills to show genuine interest in conversations.  
Expressing thoughts, feelings, and needs openly and respectfully.  
Seeking to understand others and fostering open dialogue in relationships.

## JOINING SOCIAL GROUPS

Participating in social or community groups that align with your interests or values.  
Volunteering for causes or organizations that contribute to the wellbeing of others.  
Attending community events or joining clubs to meet new people.

## EXPRESSING APPRECIATION

Showing affection and expressing love towards others.  
Offering sincere compliments and expressing gratitude for others.  
Celebrating special occasions to strengthen emotional connections.

## ENGAGING IN ACTS OF KINDNESS

Performing random acts of kindness towards others, such as offering help.  
Volunteering your time and skills for charitable causes or community service.  
Practising empathy and compassion by putting yourself in others' shoes.

## SUPPORTIVE ENVIRONMENT

Providing emotional support and being a source of comfort for loved ones.  
Creating a safe and inclusive space where individuals feel accepted and valued.  
Encouraging open and honest communication within relationships.

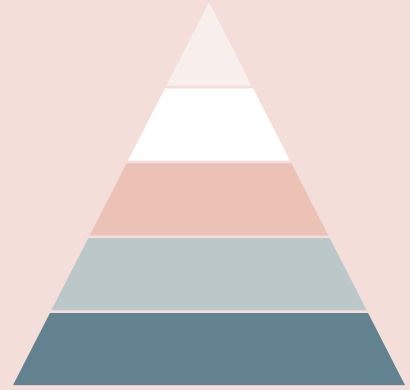
## SEEKING EMOTIONAL SUPPORT

Seeking support from trusted friends, family members, or support groups.  
Being open to vulnerability and sharing your feelings and experiences with others.  
Seeking professional counselling or therapy when needed.

## MAINTAINING HEALTHY BOUNDARIES

Establishing and respecting personal boundaries in relationships.  
Communicating your needs and expectations clearly.  
Prioritising self-care and wellbeing by setting aside time for yourself.

# MEETING ESTEEM NEEDS



## CELEBRATING ACHIEVEMENTS

Recognising and celebrating your personal accomplishments, both big and small. Keeping a journal of your achievements and reflecting on them regularly. Sharing your successes with trusted friends or loved ones.

## SETTING AND ATTAINING GOALS

Setting realistic and meaningful goals that align with your interests and values. Breaking down larger goals into smaller, achievable steps to maintain motivation. Celebrating progress and milestones along the way to boost self-esteem.

## DEVELOPING SELF-CONFIDENCE

Identifying and building on your strengths and talents. Challenging yourself to step out of your comfort zone and take on new experiences. Surrounding yourself with positive and supportive individuals who uplift you.

## PRACTICING SELF-COMPASSION

Treating yourself with kindness, understanding, and forgiveness. Recognising that making mistakes is part of the learning and growth process. Engaging in self-care activities that nourish your mind, body, and spirit.

## CULTIVATING A POSITIVE SELF-IMAGE

Focusing on your positive qualities and attributes. Practising positive affirmations and self-talk to reinforce self-belief. Surrounding yourself with positive influences or role models.

## PERSONAL VALUES

Living in alignment with your core values and principles. Expressing your authentic self in relationships and interactions. Making choices and decisions that reflect your true identity and beliefs.

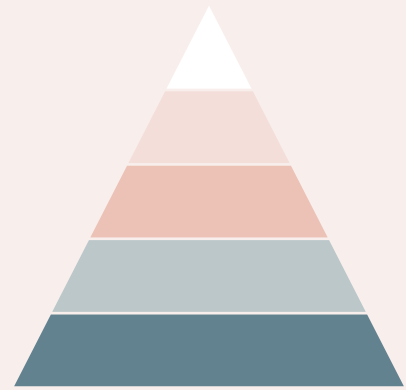
## ENGAGING IN MEANINGFUL WORK

Pursuing a career or engaging in work that aligns with your passions and values. Seeking opportunities to make a positive impact and contribute to a greater cause. Striving for excellence in your professional endeavors and taking pride in your work.

## TAKING RESPONSIBILITY

Owning up to mistakes and taking steps to make amends when necessary. Demonstrating accountability for your actions and choices. Learning from past experiences and using them as opportunities for growth.

# REACHING SELF- ACTUALISATION



## PURSuing PASSIONS

Exploring your interests and passions to identify what brings you joy and fulfilment. Allocating time and resources to engage in activities that align with your passions. Continuously seeking new experiences and challenges that allow for personal growth.

## SETTING MEANINGFUL LIFE GOALS

Reflecting on your values and aspirations to set meaningful goals. Breaking down long-term goals into actionable steps. Regularly evaluating and adjusting your goals to stay aligned with your priorities.

## EMBRACING AUTHENTICITY

Being your true self and embracing your unique qualities and strengths. Expressing yourself authentically in all aspects of life. Surrounding yourself with people that support and encourage your authentic self.

## SEEKING PERSONAL GROWTH

Engaging in continuous learning and skill development. Seeking opportunities for personal growth, such as attending workshops. Reading books or listening to podcasts that expand your perspective.

## CULTIVATING SELF-AWARENESS

Practising mindfulness techniques to enhance self-awareness. Regularly reflecting on your thoughts and emotions to gain deeper insights. Seeking feedback from others to gain different perspectives.

## EMBRACING CHALLENGES

Stepping out of your comfort zone and embracing challenges. Identifying and challenging limiting beliefs that hold you back. Cultivating resilience and perseverance in the face of obstacles or setbacks.

## FINDING BALANCE AND WELLBEING:

Prioritising self-care and maintaining a healthy work-life balance. Taking care of your physical, emotional, and mental wellbeing. Practising stress management techniques, such as exercise or meditation.

## REFLECTING ON LIFE'S PURPOSE

Reflecting on your life's purpose and the impact you want to leave behind. Aligning your actions and decisions with your values. Engaging in activities that bring a sense of meaning and fulfilment.

# CHARACTERISTICS OF HAVING PHYSIOLOGICAL NEEDS MET

According to Maslow's hierarchy of needs, when someone has their physiological needs met, they exhibit several characteristics:

## Physical Well-being

Individuals with met physiological needs experience good physical health. They have access to nutritious food, clean water, and regular meals, which contribute to their overall wellbeing. They have enough restful sleep and maintain a healthy level of physical activity.

## Stability and Security

When physiological needs are met, individuals feel secure in their environment. They have access to a stable and secure shelter or living arrangement. They are less preoccupied with survival concerns and can focus on other aspects of their life.

## Positive Body Image

Individuals with met physiological needs tend to have a positive body image. They feel comfortable and satisfied with their physical appearance and have a healthy relationship with their body. They are less likely to experience body image-related concerns.

## Energy and Vitality

Having their physiological needs met allows individuals to have sufficient energy and vitality. They can engage in daily activities, work, and pursue their interests with enthusiasm. They have the physical energy necessary to accomplish goals and meet the demands of daily life.

## Emotional Stability

Meeting physiological needs helps individuals maintain emotional stability. They are less likely to experience intense stress, anxiety, or fear related to basic survival. With their basic needs fulfilled, they can better regulate their emotions and maintain a sense of balance.

## Overall Satisfaction

Meeting physiological needs contributes to an overall sense of satisfaction and contentment. Individuals can enjoy life's experiences and opportunities without being consumed by the struggle for basic survival. They have a sense of stability and control over their life circumstances.



# CHARACTERISTICS OF HAVING SAFETY NEEDS MET

According to Maslow's hierarchy of needs, when someone has their safety needs met, they exhibit several characteristics:

## **Sense of Security**

Individuals with met safety needs feel secure in their physical and emotional environment. They have a sense of safety and protection from potential harm or danger. They can trust the people around them. They have a stable and comfortable home, free from significant dangers.

## **Stability and Predictability**

Individuals with met safety needs experience stability in their lives. They have a reliable and consistent routine, knowing what to expect from their daily experiences. They have a sense of control over their circumstances and can plan for the future with confidence.

## **Freedom from Fear**

When safety needs are met, individuals are free from constant fear or anxiety. They do not live in a state of constant threat or worry about their physical safety. They can focus on other aspects of their life without being consumed by fear.

## **Trust and Positive Relationships**

When safety needs are fulfilled, individuals can form trusting and positive relationships. They can establish deep connections with others, as they feel secure enough to be vulnerable and open. They can rely on others for support and seek help when needed.

## **Sense of Order and Structure**

Meeting safety needs provides individuals with a sense of order and structure in their lives. They have a clear understanding of boundaries, rules, and expectations. They can create and maintain a harmonious and organised environment.

## **Resilience and Coping Skills**

Individuals with met safety needs often develop resilience and effective coping skills. They can navigate challenges and setbacks with greater confidence, knowing they have a secure foundation to rely on. They are better equipped to handle stress and adapt to change.

# CHARACTERISTICS OF HAVING SOCIAL NEEDS MET

According to Maslow's hierarchy of needs, when someone has their social needs met, they exhibit several characteristics:

## **Positive Relationships**

Individuals with met social needs have positive and fulfilling relationships in their lives. They have close connections with family, friends, or a supportive community. They feel loved, accepted, and appreciated by others and enjoy supportive social connections.

## **Increased Happiness and Wellbeing:**

Overall, when social needs are met, individuals experience increased happiness and overall wellbeing. They feel a sense of fulfilment, satisfaction, and joy in their social interactions, relationships, and connections with their communities.

## **Emotional Support**

Those with met social needs receive emotional support from their relationships. They can openly express their feelings and emotions to trusted individuals who provide comfort, empathy, and understanding. They have a support system during challenging times.

## **Collaboration and Cooperation**

Individuals with met social needs are able to collaborate, cooperate and work effectively with others. Accordingly, they can work well in teams and contribute positively to group dynamics. They value teamwork and enjoy collective efforts towards shared goals.

## **Empathy and Compassion**

Individuals who have their social needs met exhibit empathy and compassion towards others. They can understand and relate to others' experiences, and they genuinely care about the wellbeing of those around them. They offer support and kindness to others.

## **Acceptance of Differences**

Those with met social needs embrace diversity and accept differences in others. They appreciate and respect various backgrounds, beliefs, and perspectives. They create an inclusive and welcoming environment where everyone feels valued and respected.

# CHARACTERISTICS OF HAVING ESTEEM NEEDS MET

According to Maslow's hierarchy of needs, when someone has their esteem needs met, they exhibit several characteristics:

## **Positive Self-Evaluation**

Individuals with met esteem needs engage in positive self-evaluation. They have a realistic and positive perception of themselves. They focus on their strengths, achievements, and personal growth rather than dwelling on their weaknesses or failures.

## **Independence and Autonomy**

Those with met esteem needs have a sense of independence and autonomy. They are effectively self-reliant and can make decisions and take actions based on their own judgment and values. They have a sense of control over their own lives.

## **Resilience and Perseverance**

When esteem needs are fulfilled, individuals demonstrate resilience and perseverance. They can bounce back from setbacks, failures, or criticism. They have the motivation and determination to overcome challenges and continue pursuing their goals.

## **Supportive Relationships**

Those with met esteem needs have supportive relationships that contribute to their self-esteem. They surround themselves with people who respect, value, and uplift them. They receive constructive feedback and encouragement from others.

## **Pursuit of Personal Growth**

Individuals with met esteem needs actively pursue personal growth and self-improvement. They seek opportunities to learn, develop new skills, and expand their knowledge. They engage in activities that enhance their sense of achievement and competence.

## **Inner fulfilment**

Overall, when esteem needs are met, individuals experience inner fulfilment. They have a sense of satisfaction and pride in themselves and their accomplishments. They feel a deep sense of worth and value in their personal and social identity.

# CHARACTERISTICS OF REACHING SELF-ACTUALISATION

According to Maslow's hierarchy of needs, when someone reaches self-actualisation, they exhibit several characteristics:

## **Autonomy and Independence**

When self-actualisation is reached, individuals have a strong sense of autonomy and independence. They make choices and decisions based on their own beliefs and values, rather than being overly influenced by external factors or pressures.

## **Peak Experiences**

Individuals reaching self-actualisation often have peak experiences, moments of intense joy, fulfilment, and transcendence. They may experience a deep connection with themselves, others, or the world around them during these exceptional moments.

## **Continued Learning and Exploration**

Those reaching self-actualisation have a lifelong commitment to learning and exploration. They engage in activities that stimulate their intellectual curiosity and are keen to always be broadening their knowledge and understanding of the world.

## **Authentic Relationships**

Individuals reaching self-actualisation cultivate authentic and meaningful relationships. They form connections with others based on mutual respect, shared values, and deep understanding. They seek relationships that support their personal growth.

## **Emotional Intelligence**

When self-actualisation is reached, individuals have a high level of emotional intelligence. They are in tune with their own emotions and the emotions of others. They can navigate and manage their emotions and build relationships based on empathy and understanding.

## **Transcendence and Altruism**

Overall, when self-actualisation is reached, individuals may experience a sense of transcendence beyond their individual self. They develop a greater concern for the wellbeing of others and engage in acts of altruism and service to humanity.

# NEXT STEPS

**1. Reflect on your journey:** Take some time to reflect on the insights and revelations you gained throughout the workbook. Consider the areas where you experienced the most growth and where further exploration may be beneficial.

**2. Set new goals:** Based on your newfound understanding of your needs and aspirations, set new goals that align with your personal growth and self-actualisation. These goals could encompass various aspects of your life, such as relationships, career, health, or creativity.

**3. Seek additional resources:** Expand your knowledge and continue your personal growth journey by exploring other resources related to psychology, self-help, and personal development. Books, podcasts, courses, or workshops can offer valuable insights.

**4. Implement changes:** Identify specific actions or changes you can make in your life to align with the lessons learned from the workbook. It could be adjusting your daily routines, improving your self-care practices, nurturing relationships, or pursuing new hobbies or passions.

**5. Seek support:** Consider seeking support from a therapist, counsellor, or coach who can provide guidance and help you navigate any challenges or roadblocks that may arise on your journey. Having someone to hold space for your growth can be immensely beneficial.

**6. Share your experience:** Share your experience and insights with others who may benefit from exploring Maslow's Hierarchy of Needs. It could be through discussions with friends or family, writing a blog post, or facilitating group discussions to create a community.

**7. Stay curious and open-minded:** Cultivate a mindset of continuous learning and growth. Embrace new ideas, perspectives, and experiences that expand your understanding of yourself and the world around you. Stay curious and open-minded as you explore new possibilities.







# THANK YOU

Thank you for using this workbook. We hope it has provided you with valuable insights, tools, and exercises to enhance your understanding and application of Maslow's Hierarchy of Needs.

By using the workbook, you have shown a dedication to nurturing your wellbeing and exploring the depths of your own potential. Your willingness to reflect, question, and explore the different levels of needs is a testament to your commitment to personal growth and self-actualisation.

Please remember that the journey of self-discovery is unique to each individual. By taking the time to invest in yourself and explore the concepts presented in this workbook, you have demonstrated a commitment to your own wellbeing and personal development.

The lessons learned and insights gained from this workbook are tools for ongoing growth and self-awareness in your daily life. Continuously apply the knowledge and self-reflection gained from this journey to foster positive change and nurture your own needs.

As you move forward on your path of self-actualisation, we encourage you to continue exploring, questioning, and expanding your understanding of yourself and others. Embrace the journey with compassion, curiosity, and an open heart. Remember, personal growth is a lifelong process, and each step you take brings you closer to your true potential.



*This workbook is designed for informational and educational purposes only and is not intended as a substitute for professional advice from a registered healthcare professional.*

*It does not provide personalised activity, dietary, or medical advice. If you or someone you care for has special requirements, medical needs, mental health concerns, or an eating disorder, please consult with a registered healthcare professional.*

*The exercises and content within this workbook are not intended to diagnose, treat, cure, or prevent any health problem. Always seek the advice of your healthcare provider with any questions you may have regarding a medical condition or mental health condition. Use of this workbook should not replace professional medical or psychological consultations in any way.*

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