

# Basic Human Needs

<b>Self-Actualization</b>	knowing yourself
<b>Self-Esteem</b>	how you feel about yourself
<b>Affiliation</b>	connection to other people
<b>Safety</b>	feeling secure
<b>Physiological</b>	basic physical needs

- The first need is PHYSIOLOGICAL. This is your need to stay alive. What do you need to stay alive? Air, water, food, sleep, and exercise. These are important for you to stay healthy and ready to be your personal best.
- SAFETY is the second need. This is the need to feel safe and secure. You need to feel safe in your home and the places you spend most of your time. You also need to know the rules and what is expected of you.
- The third basic need is AFFILIATION. This is the need to be connected and cared for by other people such as family, friends, church and neighbors. This need includes: being a good listener; communicating clearly with others; caring about others; and having friends who care about you.
- The fourth level is SELF-ESTEEM. This is your need to feel good about yourself. Self-Esteem includes: knowing what you do well; believing in yourself; looking for the positive instead of the negative; feeling needed and important; and setting the dreams and goals you want to accomplish.
- The last and highest need is called SELF-ACTUALIZATION. This is becoming the best you can be. At this level, you develop your talents more each day by working toward your goals without giving up and without being told to do so. You are independent and want to do things to help other people and make the world a better place.