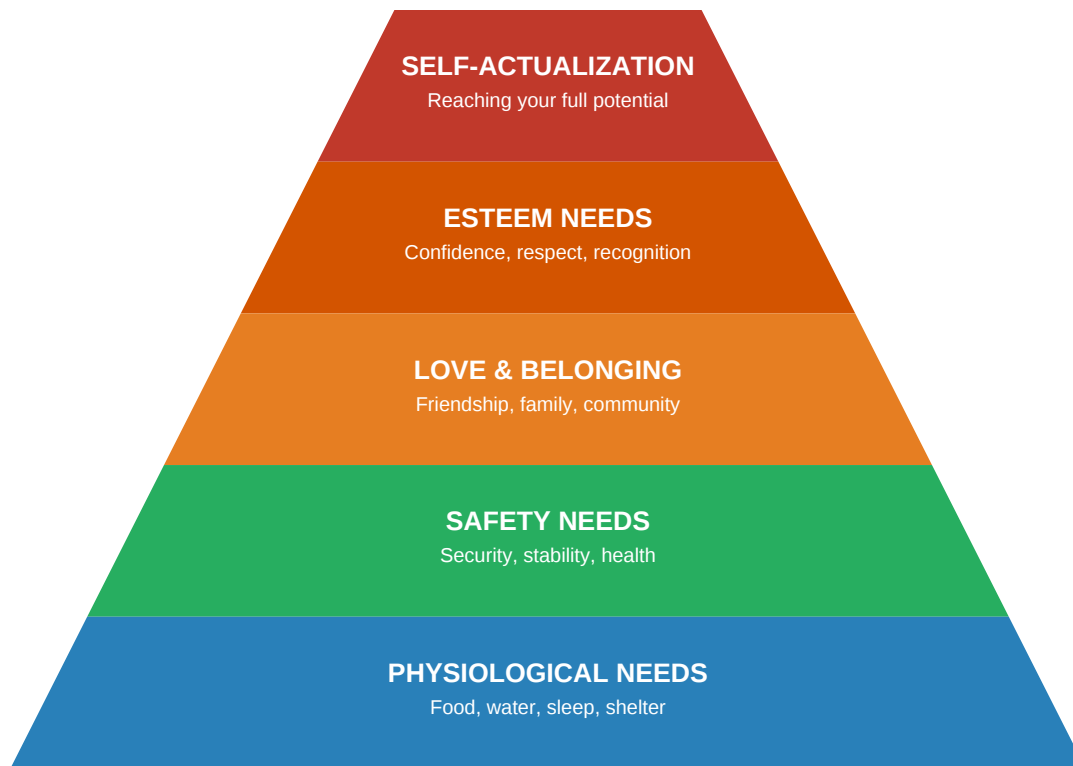


The Complete PDF Chart for Personality Development



"What a man can be, he must be." - Abraham Maslow, 1943

Abraham Maslow proposed this theory in 1943. It explains human motivation as a five-level pyramid. You move upward once each lower need feels reasonably secure. Use this chart to identify which level needs your attention right now.

Most articles stop at five levels. In his later writing, Maslow added three more layers between esteem and self-actualization, plus a final stage beyond it. This is the complete, lesser-known version of his theory.

-  **1. Physiological Needs**
Food, water, sleep, air, shelter
-  **2. Safety Needs**
Security, stability, protection from harm
-  **3. Love & Belonging**
Friendship, family, intimacy, community
-  **4. Esteem Needs**
Self-respect, recognition, confidence
-  **5. Cognitive Needs**
The drive to learn, explore, and understand
-  **6. Aesthetic Needs**
Appreciation of beauty, art, and order
-  **7. Self-Actualization**
Reaching your personal potential
-  **8. Self-Transcendence**
Helping others reach their potential

Rate how secure you currently feel at each level, from 1 (very unstable) to 5 (fully secure). Be honest. The level with your lowest score is usually the one quietly holding back your personal growth.

Physiological Needs (rest, food, health basics)

1	2	3	4	5
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Safety Needs (job security, financial stability)

1	2	3	4	5
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Love & Belonging (friendships, family, community)

1	2	3	4	5
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Esteem Needs (confidence, self-respect, recognition)

1	2	3	4	5
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Self-Actualization (using your full potential)

1	2	3	4	5
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My weakest level right now is:

Read the complete guide at personaguru.in/maslows-hierarchy-of-needs-pdf/