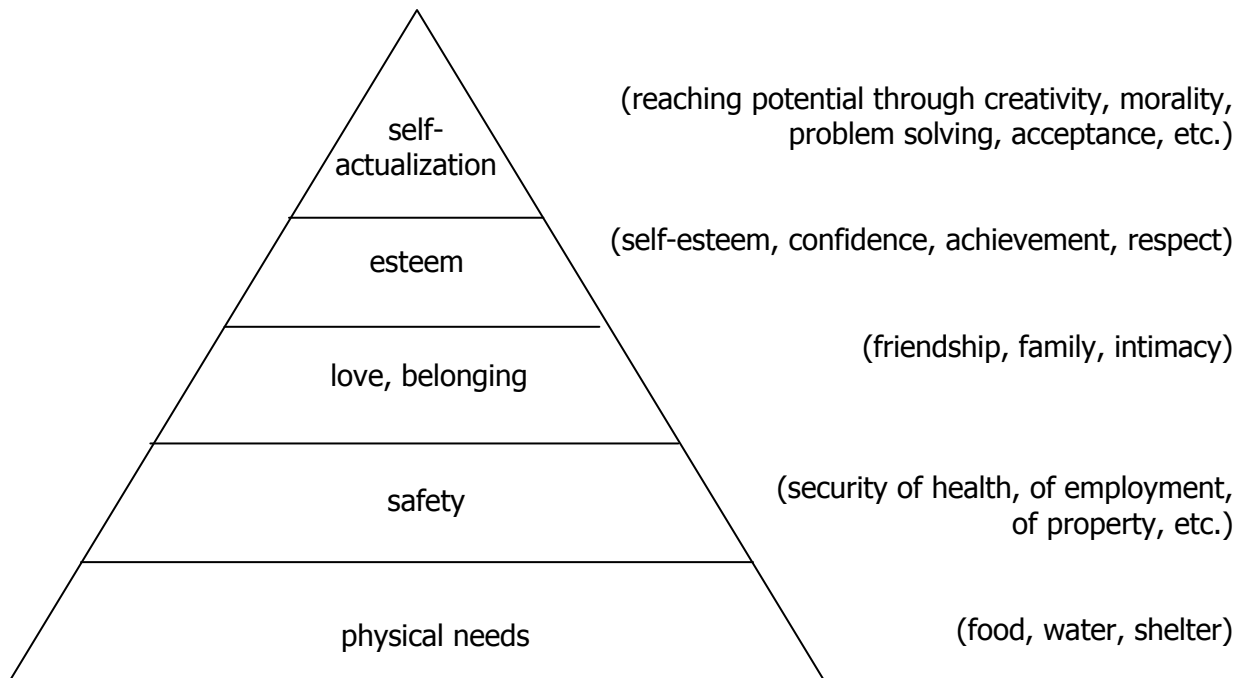


Abraham Maslow's Hierarchy of Human Needs

Abraham Maslow was a psychologist who studied human motivation. His main claim to fame is his "Hierarchy of Human Needs" theory. In this theory, he categorized and ordered all of the needs people have to fulfill in order to feel satisfied and motivated in life. The following diagram illustrates the categories:



Moving from the bottom up, each level of need must be met before a person can focus on the next level. For example, a person will not worry about what they are achieving in life (esteem need) if they do not have enough food to eat (physical need).