**Hierarchy of Needs**

The overall successive model of Maslow’s hierarchy of needs applies to my life in that it dictates each of the stages that I have to pass through to get to overall satisfaction and self-actualization. It is well fitted to every daily life and the major struggles and stresses that I get. For instance, the most basic needs that I have in life have to be satisfied first before I can think of satisfying other needs. Food, shelter and clothing are basic needs that I cannot do without. They come first in mind before other needs such as those of safety, feeling of belonging, esteem and self-actualization.

I believe that the needs at the bottom of the pyramid precede all other needs. The rationale is that without the basic needs it is impossible to satisfy all the others. The needs at the bottom are basic for human survival and lack thereof would lead to death of struggles to survive. For example, it would-be impossible to survive without food, water, or shelter.

The following are some of the ways that my experiences meet the needs in each stage of the pyramid. For the physiological needs, I cannot survive without food and water, sleep or even clothing. Reproduction is also part of a basic human need but applies differently for individuals in different stages of life. The safety needs for instance are evidenced by the need for employment and a source of income. When I do not have a job, I feel insecure and it becomes hard to concentrate on other needs such as self-development. For the love and feeling of belonging, I believe that I treasure and I am in constant need of friendship, intimacy and creating connections with friends. For esteem needs, I always crave for respect from those that I interact with, recognition and also freedom to manage my actions. Self-actualization is the desire to become most of what I can be. I am yet to experience that as I always find myself having dreams of where I want to be in life and what I haven’t achieved and need to achieve to feel totally satisfied with life (Chan, 2022).

The recommendation I would give for someone seeking self-actualization is to always remain positive and ensure first that all the basic needs at the bottom of the pyramid are met. Setting realistic goals and needed achievements is also critical as it ensures one can quantify the best version of themselves and break down the goals to smaller milestones.

**Reference**

Chan, T. M. (2022). Maslow’s Hierarchy of Needs. *Education Theory Made Practical, Volume 4*. <https://books.macpfd.ca/etmp-vol4/chapter/chapter-5-maslow-hierarchy-of-needs/>