Maslow's Hierarchy of Needs - Expanded

Transcendence

Fullest realization in giving oneself to something beyond oneself

- Altruism
- Spirituality
- Meaning

Self-Actualization

- Parenting
- Partner acquisition
- Pursing goals
- Risk
- Personal growth
- Peak experiences
- Self-fulfillment
- Exploration of / developing talents
- Utilizing and developing talents and abilities

Esteem

- Recognition
- Status
- Importance
- Respect from others
- Self-confidence Freedom
- Dignity
- Achievement
- Independence
- Reputation
 - Control Competence Power
 - Responsibility .
 - Self-expression
- Choice

Love and Social Belonging

- Social connection
- Friendships
- Intimacy
- Romantic attachments .
- Family
- Trust
- Acceptance
- Receiving and giving affection and love
- Affiliating, being part of a group

Space

Safety Needs

- Physical safety
- Economic safety / security
- Shelter
- Safe environment
- Personal security
- **Emotional security**
- Health and wellbeing
- Safety against accidents and illness
- Stability
- Justice
- Protection

Physiological Needs

- Clean air and oxygen
- Homeostasis (physical equilibrium)
- Physical health

- Mental health
- Food and clean water
- Sleep

- Clothing
- Shelter
- Warmth