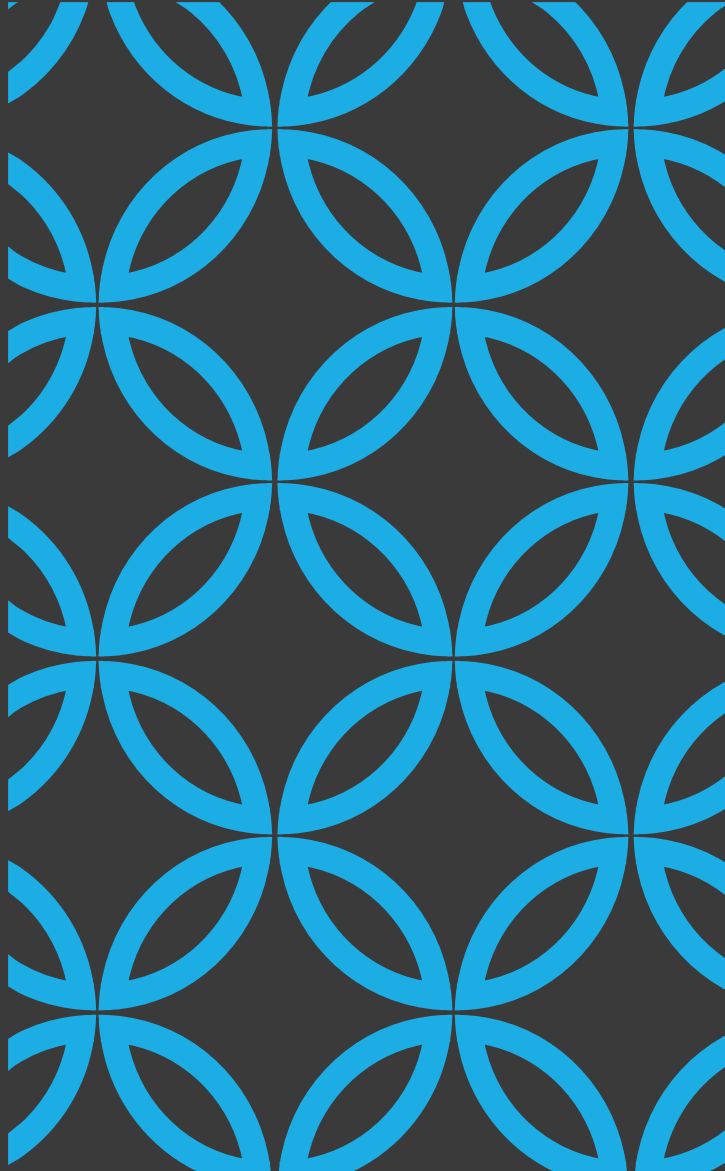


MASLOW'S THEORY OF THE HIERARCHY OF NEEDS (ME JE KEMP)

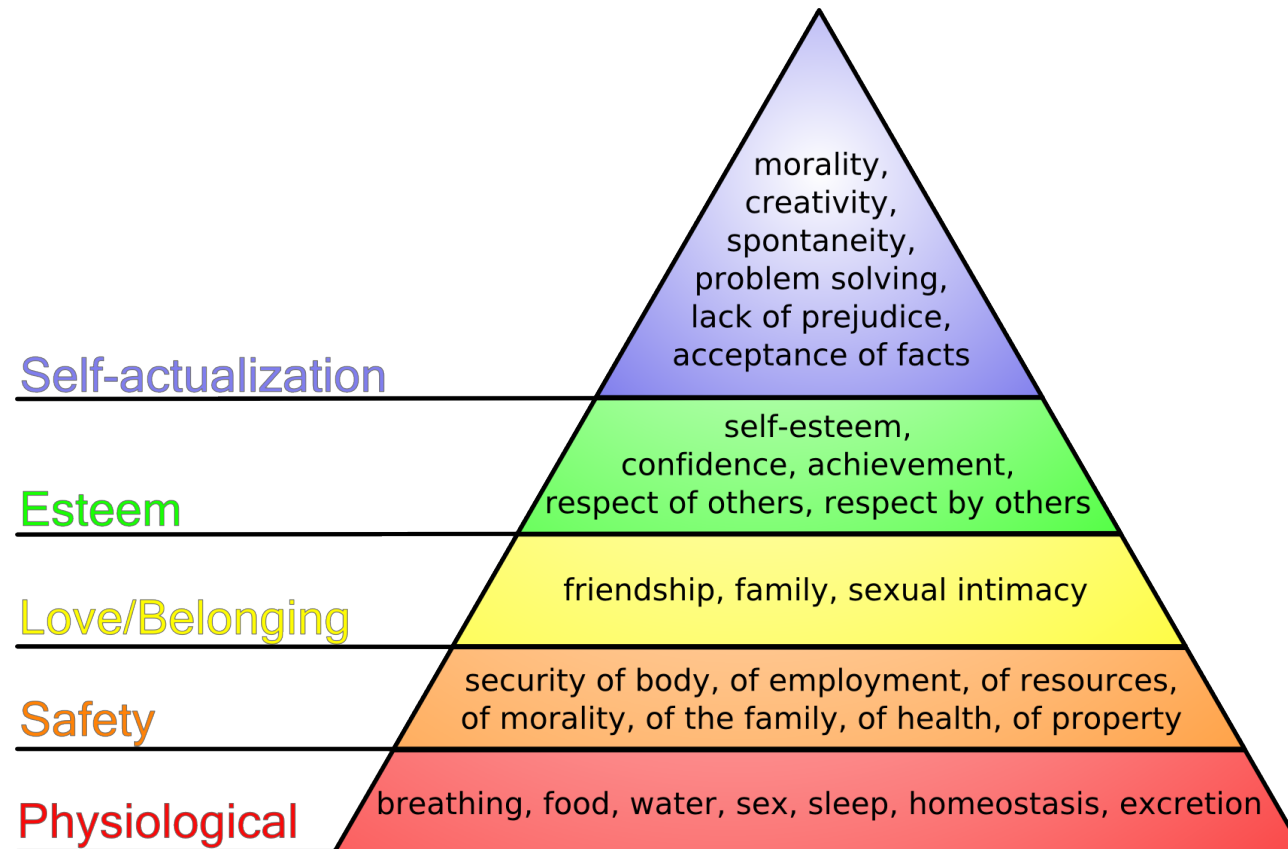
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WHAT MOTIVATES PEOPLE TO GET BETTER IN LIFE?

The fact that on certain stages in our life, we develop certain needs and we strive and work hard in order to fulfill that needs. Once that specific needs are satisfied, we get new needs and then we work again to fulfill and satisfy that needs until we reach self actualization. This is the point where we are satisfied with what we are and what we have become.

ABRAHAM MASLOW'S HIERARCHY OF NEEDS



CHARACTERISTICS OF PEOPLE WHO HAVE REACHED SELF ACTUALISATION

They:

- ❖ Embrace themselves
- ❖ Are spontaneous
- ❖ Are creative
- ❖ Focus on their lives in solving problems
- ❖ Appreciate life
- ❖ View thing in an objective manner

