

Maslow's Hierarchy of Needs

	Health	Issues/Disease/Ill-Health
Self-Actualization	<ul style="list-style-type: none"> • Recasting – the ability to see challenges in a positive light – to reframe them. • Reading books, going to courses, ongoing learning • Glass is ½ full, not empty • Giving to others whole-heartedly • Where spirit combines with humanity • They know their purpose – mission that drives them • Detachment – Buddha – Zen • Resolved their stuff – the first 4 layers have been resolved • Have so much love that they are out there in the world helping others • Moving from love and not fear at all times • Wisdom • Peacefulness • They're beyond the world • Spiritually focused power and authority – mind • Intuition/internal guidance • Knowingness • Special abilities • Genius • Responsibility for our lives and for ourselves • Life is an illusion • Right and wrong exist within ourselves • Seeing things as a whole and not parts. • See the perfection of life no matter what is happening • FLOW with what is happening • Control over life – you are so loving and so powerful that it doesn't matter what happens it's perfect – FREEDOM... • Going beyond reason... • No limitations – you just do it 	<ul style="list-style-type: none"> • Blaming others – not taking responsibility • Aware person who is not acting on what they have learned. • Not owning it • Not stepping into their power • Knowing better but pretend • Tuning out – not being mindful of what is going on inside of us • Not finding that service to others • Not letting the love in and accepting the interdependence...

<p>Self-Esteem</p> <ul style="list-style-type: none"> • Confidence • Capability • Power • Authority 	<ul style="list-style-type: none"> • Recasting – the ability to see challenges in a positive light – to reframe them. • Job – passion – I can do anything I want • Looking good • Don't care about the opinions of others • Friends – profound, respectful • Shakers & movers & those with success • Trust what they know • Acting with confidence • Decisive • Clear • Action-oriented • Purposeful • Leadership • Try things • Success – monetary, relationships, business, career 	<ul style="list-style-type: none"> • Don't take risks • Posture – slouching – shoulders – humped, looking at the floor • Controlled by others – specifically at work • Not voicing their opinions • Pushed around, going along • No boundaries – saying yes all the time • Over-giving • Unable to maintain eye contact • Dreams – they talk about them but don't do anything... • I can't do that, that's crazy • No courage – limited action • Too much ego – over-doing things – showing off • Fake boobies.... • Façade... perfectionism, I'm great, look at me... • Someone who always needs to justify themselves • Narcissist • Need attention and others to validate them.
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<p>Love</p>	<ul style="list-style-type: none"> • Proper weight • Not sleep deprived • Hygiene • Healthy boundaries • Putting yourself first • Know what they like/don't like, what works for them – express it • Pamper themselves – give to themselves • Forgiving of themselves • Take care of their bodies • Abundance naturally – financial • Can take care of others from a perspective of full • Ability to ask for help • Ability to show vulnerability • Authenticity – the ability to show up as themselves – to like and love themselves – to be at peace with who they are • Good friendship network • Good family relationships • Partner/spouse – reflection of their love – mature relationship • Good communication • Little conflict – what conflict they do have is resolved. • CALM and PEACEFUL • Careers/work – do what they like – source of pride and good feelings • Good workplace, healthy relationships • World is mirroring good stuff to them. • Adequately – well compensated + benefits • Children are well cared for • Well-educated or experienced... • Life is a pretty OK place 	<ul style="list-style-type: none"> • Harsh, judgemental • Beating yourself up • Unable to say 'no' – doormat • Rescuers, pleasers • Over-responsible • Put others first – always • Not letting love in – deflecting it – praise, compliments, gifts, money, love • Prostitute themselves • Ugly – not good care of their physical appearance or health • Overdone, false make-up – no authenticity • Reactive – time bombs • Financial woes • Hate their job • Poor relationships – volatile, lots of conflict, non-supportive • Blamers • Unhappy • Feel skewed by life... • Often not paid what they're worth • victims
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<p>Safety</p>	<ul style="list-style-type: none"> • Not afraid of anybody – open, accepting, welcoming • Good energy – happy • Have a job • Risk takers • Fearless in life • Moving forward... • Forgiving, allowing, accepting • Approach challenges thoughtfully, calmly and peacefully • Connected to more abundance • Optimistic • Good things happen to them • Welcoming and SAFE 	<ul style="list-style-type: none"> • Abusive • Bullies, unhappy, mean • Victim • Anxious, angry, fearful, depressed • Defensive • passive/aggressive • crazy • fearfulness of people • unstable • shy/extreme introversion • restricted in what they can envision – limited – control over • no trust in life and no trust with people • holding in a particular place or pattern • blamers – no responsibility • it's about the government – they screwed me over • conspiracy... • drama • protecting and hoarding
<p>Physiological</p>	<ul style="list-style-type: none"> • At peace with their physical needs – home, • They can pay their bills • Physical needs are met – not struggling 	<ul style="list-style-type: none"> • Struggle to meet their physiological needs • Inadequate food, inadequate shelter • Fear around the physical • Terrified of having nothing...