

The slide features a decorative arrangement of six light purple circles. Three circles are positioned in a horizontal row at the top, and three are in a horizontal row at the bottom. The top-left circle is an outline, while the other five are solid. The text is centered over these circles.

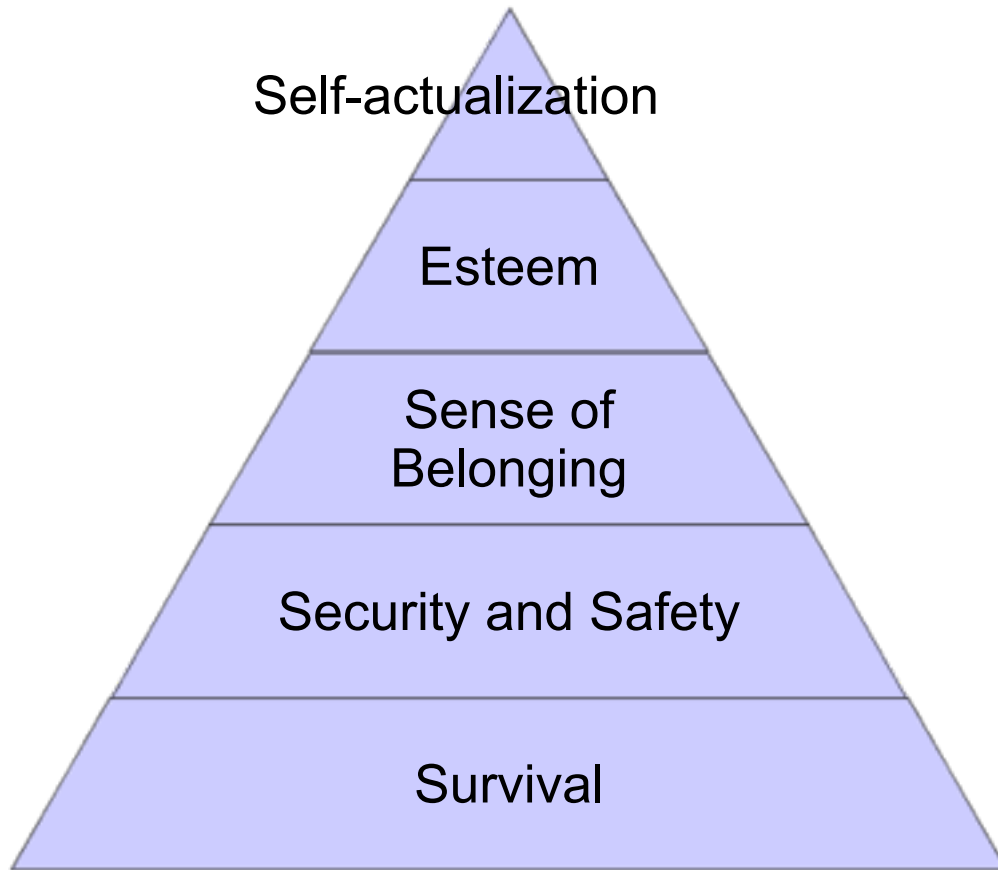
Section 2: What Do I Want?

Lifestyles of the Satisfied and
Happy

What Do I Want Now?



- To paraphrase Mick Jagger, “You can’t get what you want ‘til you get what you need.”
- The psychologist Abraham Maslow developed what has come to be called the Maslow Triangle.
- It graphically illustrates the hierarchy of human needs.



First Two Needs:



- **First Need: Survival**
 - We must have food, water, clothing and shelter.
- **Second Need: Safety and Security**
- The first two rungs deal only with physical and emotional survival – not a very satisfying way to live for most people.

Sense of Belonging

- A need to feel connected to others.
 - Dependent upon people.

Esteem

- We want others to feel that we are worthy of respect.
- We also want to respect ourselves.
- Thinking about what we want rather than what we need

Self-actualization

The title 'Self-actualization' is positioned on the left side of the slide. To its right, there are two groups of three circles each. The first group consists of a solid light purple circle, a white circle with a light purple outline, and another solid light purple circle. The second group also consists of a solid light purple circle, a white circle with a light purple outline, and another solid light purple circle.

- The peak of the triangle.
- People who have done what they set out to accomplish, who have reached their goals.
 - Not many reach this point, and not everyone stays there.

The slide features five light purple circles arranged in two rows. The top row contains three circles, and the bottom row contains two circles. The text is centered horizontally across the top row of circles.

Life Satisfaction is a process

Activity 59