

Maslow's Hierarchy of Needs

Presented by Megg Thompson M.Ed. ECMPWTPCF

Certified Behavioral Consultant

Certified Life Coach working with children, adults and families

Founder and Filler of The eMpTy Toolbox

meggthompson.com

megg@meggthompson.com

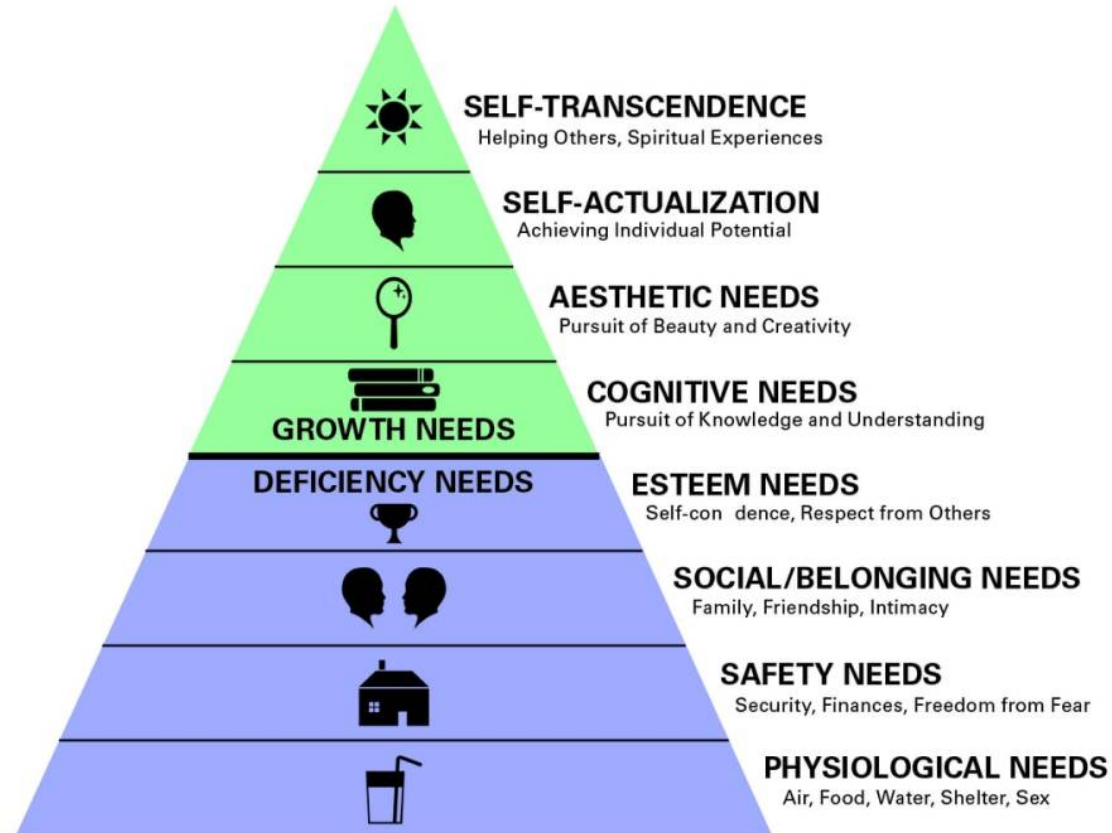
603-706-3288

Youtube: Megg Thompson

Facebook: Megg Thompson and Megg Thompson Behavior Consulting

Instagram: [meggthompsonbehavior](https://www.instagram.com/meggthompsonbehavior)

Maslow's Hierarchy of Needs



Authentic Needs

- Without these authentic needs we would be in a deficit.
- Because we are born human, the first 4 needs are authentic within us. (physiological, safety, love and belonging, and self esteem)
- We need to have them met before moving on

Physiological Needs

- Eating
- Sleep
- Potty
- Along with talking these needs are ones we get in the most power struggles over and end up losing. Why?
- Sex drive – comes back around with middle and high school children.

Safety Needs (Physical and Emotional)

- We have physical safety (in schools) pretty figured out
- We are really lacking with emotional safety.
- Emotional safety and where it is on the hierarchy is the reason we choose LOVE ALWAYS.

Love and Belonging

- Power of One
- Belonging is an essential human needs. Many put it before their basic needs.
- What if the child knows they are liked/loved in the classroom?

Self-Esteem

- How they feel about themselves
- Self-talk
- Self-esteem is great if the 3 lower levels are empowering and positive
- My story of my squirrels and temperament

Need to Know and Understand

- This is what all teachers want to achieve.
- In schools we are mostly meeting physiological needs and then skipping the other 3
- Most of my behavior strategies happen in the first 4 levels.

Aesthetic needs

- Pursuit of beauty and creativity
- Sense of wonder
- My beach house
- Art
- Travel
- Nature

Self-Actualization

- Realization and fulfillment of one's talents, potential, missions
- Get to know your core strength. Do what you love and what interests you.
- Learn how to stay in your center. Your center is a place where you are stress free, your focus is increased and you make better decisions.
- Craft a personal vision for the person you're becoming. How do you envision your future? When we envision our future, it inspires us to focus on what matters.
- Put together a personal development plan. A personal development plan requires self-reflection and the ability to know where we can grow and make a plan to get stronger.
- Walk your path toward self-mastery. Self-mastery is often defined as self-control. Self-control is the ability to exert a strong will against our impulses to steer what lies ahead to be of our choosing. Self-mastery requires having a vision for your future self.