

WORKSHEET: MAPPING YOUR HIERARCHY OF NEEDS

By taking a closer look at Maslow's hierarchy of needs in relation to our own lives, we can practice appreciating all the ways in which are needs are met. And we can begin to manifest greater abundance in areas waiting to be fulfilled.

Take a moment to write out your gratitude for all the ways in which your survival needs are met.

Don't be afraid to get specific: I am grateful for the delicious breakfast I had this morning with a steaming mug of coffee.

Next, think about what areas of your life feel safe and secure.

Are there areas that feel less safe or secure? What does emotional security look like for you?

Now, we can take a moment to appreciate the people in our lives that meet our love and belonging needs. Our loved ones are often who we turn to for support when life gets hard. A gratitude practice might include sending a card (or text) of thanks. It could also mean calling a loved one with the intention to simply listen or offer support. **Take a moment to consider the spaces or relationships in your life that might provide a sense of love and belonging (this can include community spaces that allow you to feel seen and valued).**

At a basic level, our jobs (hopefully) help us afford to meet our safety and security needs. If we're lucky we might also feel a sense of love and belonging with our coworkers or team. Some of us may even feel that our esteem needs are met through a role that helps us develop self-worth and feelings of achievement. So often, we take our jobs for granted and fail to recognize how our needs are met in the workplace. But our esteem needs can also be met in other ways. **Take a moment to consider what hobbies, passions, roles, or pursuits contribute to your feelings of self-worth or achievement (no matter how small).**

Set aside a moment to breathe. Slow and gentle breathing brings the body and mind into a state of ease. If possible, we get the most benefit by breathing in for a count of five and breathing out for a count of six. Then, we can become aware of our emotions. Somedays, we'll be met with feelings of exhaustion or even resentment. This might be an indication we have given too much to others. Other times, we may be met with cravings for sustenance, closeness, or achievement. This might indicate we have not given enough to ourselves.

On occasion, we simply melt into feelings of contentment. This feeling is often an indication that our needs are met... but a regular meditation practice can also lead to increased feelings of contentment.

Begin to visualize what your life would look like if all your needs were met. What would it look like for you if you were living in alignment with your purpose? Write this down as if it is already a reality and practice manifesting self-actualization.

