



**Survival Needs**

Air  
Water  
Food  
Rest  
Shelter  
Clothing  
Exercise

**Sustainment Needs**

Physical Connection  
Personal Security  
Financial Security  
Mating/Reproduction  
Healthy Diet & Exercise

Belonging  
Love  
Knowledge  
Identity  
Value

**Fulfillment**

Hope  
Faith  
Intimacy  
Purpose  
Judgement  
Understanding  
Wisdom