



Mind Calm Therapies
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Maslow's Hierarchy of Needs – Reflection Worksheet: Purpose: Reflect on how well your core needs are being met and identify small steps for greater balance and wellbeing.

1. The Five Levels of Human Needs

Physiological Needs – food, water, rest, warmth, shelter.

Score (1–10): _____ Notes: _____

Safety Needs – security, health, finances, stability.

Score (1–10): _____ Notes: _____

Love & Belonging – connection, friendship, intimacy, community.

Score (1–10): _____ Notes: _____

Esteem Needs – self-respect, confidence, recognition, value.

Score (1–10): _____ Notes: _____

Self-Actualisation – purpose, creativity, growth, authenticity.

Score (1–10): _____ Notes: _____

2. Reflection Prompts

Which area feels strongest right now?

Which needs feel least met or need nurturing?

What small step could you take this week to strengthen one area?

How does change in one level affect others?
