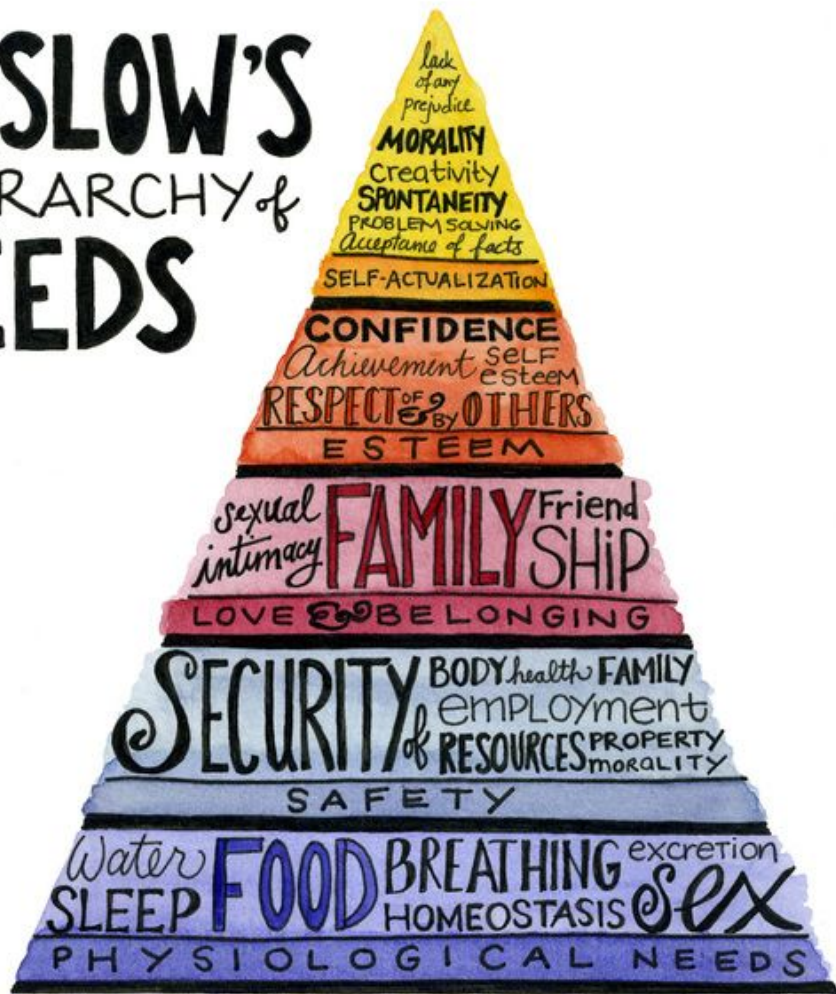


MASLOW'S HEIRARCHY of NEEDS



You can use the triangle for two different exercises:

1. Set life goals for each layer in the triangle
2. Choose one goal you've already set. Answer the questions for each layer in the triangle on the right, starting from the bottom. If the answer is no, what are the steps you could take to overcome this? This will help you realise what could be stopping you from achieving your goal.