

# Which Level Motivates You Most?

Consider which level of Maslow's Hierarchy best reflects what motivates you at this stage. Explain how it influences your study, work and career decisions, then use it to support realistic goal-setting.

## Maslow's Hierarchy – Quick Guide

| Level                    | Career / workplace examples                                                                  |
|--------------------------|----------------------------------------------------------------------------------------------|
| Physiological & Safety   | Financial security, workplace safety, stability and wellbeing.                               |
| Love, Belonging & Esteem | Positive relationships, teamwork, recognition, feeling valued and respected.                 |
| Self-Actualisation       | Personal growth, purpose, meaningful work, new challenges and achieving long-term ambitions. |

## Your Current Motivation

Which level motivates you most at this stage?

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Why does this level matter to you?

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## How Does It Influence Your Choices?

| Area                  | How does your motivation influence this area? |
|-----------------------|-----------------------------------------------|
| Study / education     |                                               |
| Work / career choices |                                               |
| Personal development  |                                               |

## Use Your Motivation to Set a Goal

Write one realistic goal that connects to your current motivation:

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What action will you take to begin working towards it?

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