

## Module 7: Motivation, Emotion, and Stress

### Topic 1 Application: Maslow's Hierarchy of Needs Pyramid Template

Fill out the below hierarchy of needs pyramid as it relates to your life. Mark your current stage in the pyramid, and explain why you believe this is your level of motivation by describing an experience you recently had. In addition, fill out the remaining four stages by indicating the age you were at the time you resided in it, and describing a relevant experience you had. If you feel you have not yet been in a particular stage of motivation, explain your reasoning.

You may put your answers either directly in the blank space of each stage in the pyramid, or on a separate sheet of paper.

