

Hierarchy of Actions – Decide and Act

Abraham Maslow categorized human needs into five categories or types. He proposed that each category of need was an inherent part of the human experience. Each need requires personal attention and care so that we may live a balanced and fully realized life. Recovery from unhelpful feelings, thoughts and behaviors includes planning a full and rewarding life. This tool assists in planning my life by identifying 25 actions or goals spread across the five categories of need. It is recommended that this plan of action be regularly updated.

Today's Date:	
Next Review Date:	

Review your hierarchy of values first. Then, write down (one per line) five specific actions (or goals) that you will you perform regularly and consistently over the next 3 months. That is five specific actions for each of the five categories making for a total of 25 specific actions.

	Life Necessities (Physiological) – Air, Food, Water, Sleep	Priority
1		
2		
3		
4		
5		

	Safety and Security – Shelter, Home, Work, Money, Finances, Protection	Priority
1		
2		
3		
4		
5		

	Relationships – Family, Friends, Acquaintances, Groups, Clubs, Communities	Priority
1		
2		
3		
4		
5		

	Self Esteem - Projects, Hobbies, Fellowships, Training, Learning, Schooling	Priority
1		
2		
3		
4		
5		

	Self Actualization - Ideals, Meaning, Values, Virtues, Mission, Purpose	Priority
1		
2		
3		
4		
5		

It is recommended that this hierarchy of actions be reviewed and updated every three months to keep it in line with your values, ideals, and necessities of life.