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Maslow's Hierarchy of Needs closely connects to how I use technology in my daily life, especially for fitness, gaming, and staying connected. Mainly, apps for the weather allow me to make plans for when I know I'm going to be out and about that day, thereby guaranteeing my enjoyment and element of being prepared. Personal fitness trackers along with health apps help me to keep track of heart and proper nutrition levels for the right safety needs for my body, also guaranteeing my physical well-being while I strive for my fitness goals. Meeting my love needs and sense of belonging also depends much on technology. While online gaming creates a feeling of connecting to others by involving working together and the same obstacles, FaceTime helps me to stay in touch with family and friends, making it possible for us to share moments even when we're far apart. My progress in fitness collected by apps retaining goals like new personal records meet my needs for confidence; gaming provides me a sense of accomplishment when I level up or finish a difficult mission. Overall, technology allows me to push my fitness limits, explore new places to go using the map app and keep learning and developing through online experiences, which helps me with self-actualization. From keeping safe and connected to striving for personal development and satisfaction, every part of the use of technology provides a different aspect of my life.