Week 4 Journal

Maslow’s Hierarchy of Needs connects deeply with my experiences with technology. At the **physiological level**, I rely on apps to order food, track fitness, and ensure proper rest with sleep monitors. For **safety**, cybersecurity tools protect my personal data, and GPS apps help me navigate safely. **Love and belonging** are met through social media, video calls, and online gaming, keeping me connected with family, friends, and fellow veterans. **Esteem** is supported by LinkedIn, where I showcase achievements and network professionally. Lastly, **self-actualization** comes through online learning platforms, coding projects, and career development tools that help me grow intellectually and creatively. Technology enhances every level, making modern life more connected and efficient.