Maslow’s Hierarchy of Needs is a psychological theory that outlines a five-tier model of human needs, often represented as a pyramid. Also, provides a valuable framework for understanding how technology influences our experiences. The levels are self-actualization, esteem needs, belongingness and love need, safety and security needs, and physiological needs. Each level builds upon the previous one, and technology interacts with these needs in various ways. Maslow’s Hierarchy of Needs provides a valuable framework for understanding how technology influences our experiences. From meeting basic physiological needs to facilitating self-actualization, digital innovations play a crucial role in shaping our lives. My experiences relate to the self-actualization needs, physiological needs, and safety needs. For the self-actualization part, I use different websites and resources to teach myself more about different things I want to learn. On the other hand, I use Amazon sometimes to shop for necessities. I also used to use an Apple Watch to track my steps and heart rate while I work out, that relates to the physiological needs. Lastly, I use online learning. I am basically using it now in this class which relates to the safety and security needs part.