Starting with self-actualization, which discusses achieving one’s full potential including creative activities. I believe it relates to my experiences with technology being that technology has so many tools where you can become very creative in making PowerPoints, dashboards, videos, etc. for example, at my job I have to create dashboards using an app called powerBI, it allows me to be creative managing data and making it look presentable. With esteem needs, it relates to me because whenever I create a dashboard in PowerBI and it looks good and there are no errors, it makes me feel accomplished. Belongingness and love need relates to me because being in the technology field can bring many people together to collaborate on projects. Safety needs relates to me because with the dash boards I make, its important to manage the data and prevent it being leaked to unauthorized users. Lastly, psychological needs relates because sometimes in the technology field, working on a project could become stressful and limit you from performing at your best. Getting rest, drinking water, or getting a snack helps me refocus and continue working.