

Journal Prompt from Module 4

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When thinking of examples that relate to Maslow's Hierarchy, you first should look at the basic needs, psychological needs, and lastly, the self-fulfillment needs. Starting at the basic needs, you have Physiological needs which to me has a big digital impact as far as getting rest which is important and the big impact of that is staying up late laying down on my phone where it then impacts my energy level the next day by feeling tired or evening gaming where I could simply be putting of food and water. Safety needs, I feel would relate best to systems keeping my information secure, or myself keeping certain information close hold and not allowing it to fall into the hands of someone without a need to know. Next is the Psychological needs, and starting with belongingness and love needs, and there is a lot that can go into this as social media has a tie into this and with my experience, it's keeping in touch with people I work with, seeing them succeed in life, or even seeing news of family members or even a new update about my wife. Esteem needs to me would be put simply as me sharing news on Facebook about how I made rank since I am in the navy and spreading the feeling of accomplishment since it's a big moment for me. Lastly, you have self-actualization which is self-fulfillment. I look at this in the aspect of my work and how I help people since this brings me joy in knowing that I am helping someone in their career and making sure they are on top of everything and not falling behind. That allows me to see my full potential!