

PERSONAL GROWTH HIERARCHY

LEVEL 05

Transcendence

Helping others achieve self-actualization and finding purpose beyond the self.

LEVEL 04

Self-Actualization

Realizing personal potential, self-fulfillment, and seeking personal growth.

LEVEL 03

Cognitive & Aesthetic

Knowledge, meaning, and the appreciation of order and beauty.

LEVEL 02

Psychological Stability

Self-esteem, confidence, and the sense of belonging and love.

LEVEL 01

Foundational Discipline

Habit formation, physical wellness, and environment optimization.