



## Assess Your Degree of Self-Actualization

This worksheet will help you identify specific areas of your life that you can improve by using your Deliberate Thinking skills.

Answer the following questions based on this scale:

1                      2                      3                      4                      5  
Never                Rarely                Depends              Usually                Always

Score

#1 - Do you find it easy to laugh at yourself and at the human condition in a jovial way?

#2 - Do you find it easy to relate to people who are perceived to be of higher or lower social standing than you?

#3 - When you are attracted to someone, either in a friendly or romantic way, is it more often due to an admiration and appreciation of them, the qualities and virtues they possess, rather than what they have to offer you?

#4 - Are you able to come to a good judgment about a person or situation with insufficient evidence? You tend to leap to the right conclusion more often than not.



# The EXPECTATION GAPS

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1                      2                      3                      4                      5  
Never              Rarely              Depends              Usually              Always

Score

#5 - Are you able to appreciate the basic goods in life, maybe even with awe and wonder?

#6 - Do you find yourself experiencing near-perfect moments, where you somehow feel both more powerful and more helpless than ever before?

#7 - Are you able to let people “be,” accept them and appreciate them the way that they are? Are you able to see the truth of a person rather than how you want them to be?

#8 - When in a group situation, are you more likely to act in a natural way, be authentic? To be whatever you are in the moment and trust yourself to be that way.

#9 - Do you feel strongly that your “self” and your “life’s work” are intertwined?

#10 - Are you dependent on yourself for growth and development?



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Score

Total Score

### **Total Score of 10-20**

You are quite a distance away from gaining self-actualization, but don't let that realization alarm or discourage you.

### **Total Score of 21 - 40**

You're in the same boat as the majority of the population. You've met your basic physiological and safety needs. You've probably, at least in part, met your needs of love/belonging and esteem, but you are still seeking something more.

### **Total Score of 41 - 50**

You're probably as close to self-actualization as one can hope to be.

### **Review Your Scores**

Take a look at your scores again. Which questions did you score lowest on? Those are areas of your life that you can improve by using your deliberate thinking skills.