

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:

Score

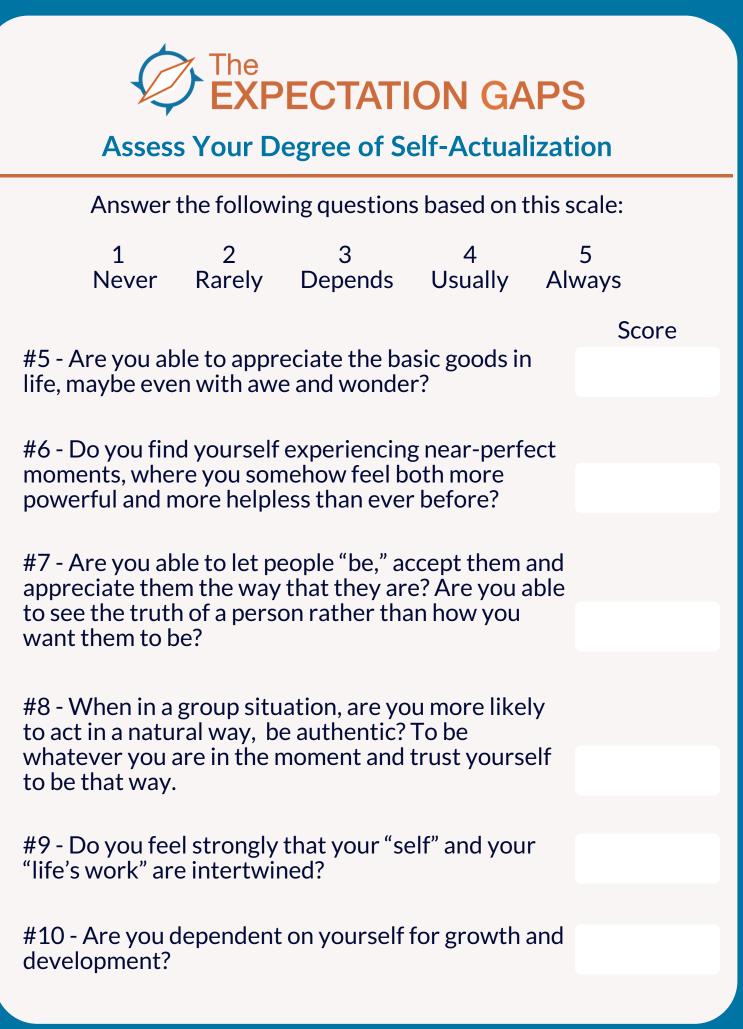
1	2	3	4	5
Never	Rarely	Depends	Usually	Always

#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.



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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.