



Self Actualization Assessment

If you remember studying basic human psychology in school, you might remember a gentleman by the name of Abraham Maslow. Maslow contributed some of our most important understandings about basic human needs. He actually organized commonly-identified needs into a hierarchy ranging from basic needs for food and sleep all the way up to the highest human longing to unfold ourselves into who we really are and all that we can be.

If you find yourself feel restless or dissatisfied and you are having a hard time putting your finger on what is out of balance, taking a simple assessment like the one below is the best place to start. The assessment will identify how well you are meeting your baseline needs as well as your needs for love and belonging and your need to know and express yourself fully.

Instructions: Answer each question using the rating scale below. When you have answered all of the questions, enter your name and email address to receive your confidential Self Actualization Assessment report.

1 _____ 2 _____ 3 _____ 4 _____ 5 _____
 Less True More True

1. I am very secure and content in my relationships right now.	
2. I frequently think about what is most important to me in my life and I strive towards achieving those things.	
3. Most of the time, I have no problems with meeting my basic needs, such as safety, food, sex, shelter, and sleep.	
4. If asked about the most significant cause around which I live, I could easily describe it.	
5. I am satisfied with and proud about the achievements and accomplishments I have made thus far.	
6. My life has enough stability and consistency in it that I am free to pursue important interests.	
7. I do <i>not</i> get bogged down with day to day worries that prevent me from pursuing my higher purpose.	
8. Others frequently recognize my accomplishments and that makes me feel good.	



9. I do <i>not</i> often get preoccupied and troubled by the lack of close relationships in my life.	
10. I believe that I have truly earned the respect which I have from others.	
11. I commonly have thoughts about how to integrate my highest vision or purpose into my daily life.	
12. I am able to rely on spiritual beliefs or other methods to find a sense of peace and security in this world.	
13. I feel that I am clearly a part of a group or multiple groups of people which gives me a sense of belonging.	
14. I feel content with my life, probably because I am doing what really matters to me.	
15. I have a plan that I am currently working on to help me maximize my potential in life.	
16. When I feel upset or distressed, I often feel better because I am able to make meaning out of the difficult situations.	
17. I feel that I know what I must do with my life and that I am well underway with the process of doing so.	
18. I do <i>not</i> have a hard time feeling safe, secure, and at peace.	
19. Others have told me that I am doing what I am really good at and what I am meant to be doing.	
20. On a typical day, I can see how my various activities are pieces of a greater puzzle that I feel good about.	
21. I am giving back to the world in some way, such as by volunteering raising children, donating to a charity, mentoring someone, or another way of giving.	
22. I have had at least one powerful experience that I consider to be a peak experience.	
23. I do <i>not</i> often struggle with relationships.	
24. I consider myself to be someone who is very open to experiencing things to the fullest extent and finding beauty or intrigue in various places.	
25. I frequently have moments when I am filled with joy or a strong sense of peace.	
26. I do <i>not</i> often find myself seeking attention or praise from others because either it comes	



naturally from them without my seeking it or because it is not terribly important to me.	
27. My life is not primarily dictated by difficulties such as health problems, relationship problems, or financial problems.	
28. I am self confident and am able to recognize when I do a job well and give myself credit.	
29. I would really like to continue my process of finding the ultimate harmony and happiness.	
30. Many times I think how fortunate I am to understand and be going for the very things that are so meaningful to me.	

My Name Is:	
My Email Address Is:	

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Look forward to your Self Actualization Assessment report arriving in your inbox soon!

This confidential assessment tool is provided courtesy of the Southlake Center