

Assessment Questionnaire: Self-actualisation



Abraham Maslow created a hierarchy of human needs. It begins with basic needs, such as biological drives (food, sleep) then moves up to the second level: shelter, safety, and security. The third need is love and belonging. Further up, the fourth need is esteem from yourself and others. The top of the pyramid is self-actualisation. This means "the desire to become more and more what one is, to become everything that one is capable of becoming." These questions will give you an indication of how much you are becoming all that you are capable of being.

Please read each statement and record your level of agreement on the scale of 1 to 5.

1 = Completely False
2 = Mostly False
3 = Neither True or False

4 = Mostly True
5 = Completely True

1 2 3 4 5

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 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 what is the most significant cause around which I live my life, I could easily answer the question.
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 not 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 not 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. If am able to rely on spiritual beliefs or other methods to find a place 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 do 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 not 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 not often struggle with relationships or seeking after love.
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 not 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 the process that I am towards finding the ultimate harmony and happiness.
30. Many times I think how fortunate I am to understand and be going for the very thing or things that are so meaningful to me.

31. Name

32. Email

33: Tel No,

Thank you for taking the time to fill out the form - we aim to respond to your form within 2 working days