

Self Actualization Assessment

Learn how much you are becoming all that you are capable of being

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 or belonging. Further along, the fourth need is esteem from yourself and others. The top of the pyramid is self-actualization. This means "the desire to become more and more what one is, to become everything that one is capable of becoming."

Completing this assessment will help you to find out how far along you are in your hierarchy of needs. The results will let you know if you are likely to be more or less self actualized and where on the hierarchy of needs you may be currently focused.

Please complete all items. Rate each item on a scale of 1-5. Please choose one number and do not write a decimal, such as 3.5. Select the answer that best represents your feelings, thoughts, and behaviors. Try to answer as openly and honestly as possible. Choose how true each statement is for you.

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

Statement	Response
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.	_____

SAVVY CHICKS RULE

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. 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 *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. _____

SAVVY CHICKS RULE

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. _____
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 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. _____

Score Interpretations

Total Score 113-150

This score indicates a high likelihood that you are self-actualized. This means that you are someone who has peak experiences which show you the meaning and purpose that you have. You may do this through spiritual or other means. You are very open to exploring how events fit together and the meaning in various situations. You are interested in how you can contribute to the human condition, add value to other people's lives, and leave a legacy. You are likely to have developed yourself to the person who you want to be, and to explore and enjoy your passion in life.

Total Score 75-112

Your score indicates that you are well on your way in the process of self actualization. You are working towards discovering your true purpose and gearing your activities towards that purpose. You may have had one or more experiences which can be described as peak experiences, during which you have a great sense of security, peace, serenity, or joy. You are interested in continuing to pursue the process of self actualization and finding your true purpose in life. You may have some factors holding you back, such as relationship or career issues, but you are moving towards living each moment of your life with a strong sense of purpose.

Total Score 38-74

This score indicates that you may be on your way to being self actualized; however, you are likely to currently be in one of Maslow's other levels on the hierarchy of needs. You are likely to be in the level of belongingness and love, pursuing relationships and a sense of interpersonal belonging, or the level of esteem, in which you are seeking to build the esteem you receive from yourself or others. Once you work through some of these important situations, you may be in a better place to further the process of pursuing a higher purpose or sense of meaning.

Total Score 0-37

The assessment results indicate that you are likely to currently be within Maslow's hierarchy of needs levels below the self actualized level. You may be in a place where you are trying to meet basic needs, such as a sense of comfort and psychological or physical security. You may be in the level of belongingness and love, pursuing relationships and a sense of interpersonal belonging, or in the level of esteem, in which you are seeking to build the esteem you receive from yourself or others. It is important to remember that the levels on the hierarchy of needs are not static and that they can change frequently. Once you work through some of these important basic needs, you may be in a better place to further the process of pursuing a higher purpose or sense of meaning.

Disclaimer: This assessment is not intended to provide a psychological or psychiatric diagnosis and your completion of the test does not indicate a professional counseling or coaching relationship with the creators or administrators of the test.