

Self-Actualization

Part A.

Abraham Maslow defines *self-actualization* as developing and reaching one's individual potential, being the best person one can be.

1. Name a person who you think has reached the level of self-actualization. This can be a person drawn from personal experience, current events, or history.

2. List the qualities of this person.

Part B.

Read the traits that Maslow believes are characteristic of self-actualized people.

- a. are realistic
- b. are accepting of themselves
- c. are independent
- d. have a deep affection for a few people
- e. don't point their sense of humor at another group
- f. are open and spontaneous
- g. feel they have a mission in life
- h. have experienced spiritual connections
- i. are nonconforming
- j. openly admit their virtues

In what ways is your description of a self-actualized person similar to and different from Maslow's description?

