



WELLNESS WORKSHEET 20

Maslow's Characteristics of a Self-Actualized Person

In the spaces given below, describe yourself in relation to each of Maslow's characteristics of a self-actualized person. How closely does the description fit you? Where would you like to make changes?

1. **Clear perception of reality and comfortable relations with it.** The self-actualized person judges others accurately and is capable of tolerating uncertainty and ambiguity.
2. **Acceptance of self and others.** Self-actualizers accept themselves as they are and are not defensive. They have little guilt, shame, or anxiety.
3. **Natural and spontaneous.** Self-actualizers are spontaneous in both thought and behavior.
4. **Focus on problems rather than self.** Self-actualizers focus on problems outside themselves; they are concerned with basic issues and eternal questions.
5. **Need privacy; tend to be detached.** Although self-actualizers enjoy others, they do not mind solitude and sometimes seek it.
6. **Autonomous.** Self-actualizers are relatively independent of their culture and environment, but they do not go against convention just for the sake of being different.
7. **Continued freshness of appreciation.** Self-actualizers are capable of fresh, spontaneous, and nonstereotyped appreciation of objects, events, and people. They appreciate the basic pleasures of life.

(over)

WELLNESS WORKSHEET 20 — continued

8. **Mystic experience.** Self-actualizers have had peak experiences or experiences in which they have attained transcendence.

9. **Social interest.** Self-actualizers have feelings of identification, sympathy, and affection for others.

10. **Interpersonal relations.** Self-actualizers do on occasion get angry, but they do not bear long-lasting grudges. Their relationships with others are few but are deep and meaningful.

11. **Democratic character structure.** Self-actualizers show respect for all people regardless of race, creed, income level, and so on.

12. **Discrimination between means and ends.** Self-actualizers are strongly ethical with definite moral standards. They do not confuse means with ends; they relate to ends rather than means.

13. **Sense of humor.** Self-actualizers have a sense of humor that is both philosophical and nonhostile.

14. **Creativeness.** Self-actualizers are original and inventive, expressive, perceptive, and spontaneous in everyday life. They are able to see things in new ways.

15. **Nonconformity.** Self-actualizers fit into society, but they are independent of it and do not blindly comply with all its demands. They are open to new experiences.