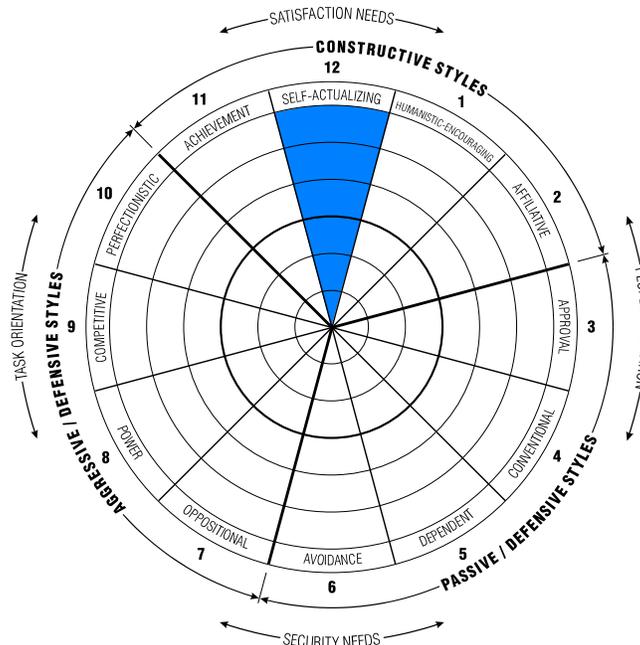


The Self-Actualized Mindset

Attitudes, Values and Beliefs for Working Effectively with People



Self Actualized

Twelve o'clock position

Style Description: enthusiastic, creative, confident

A person with a high score is confident of personal abilities. They have a broad range of knowledge and interests. They actively pursue self-development, growth, and learning opportunities, and are typically energetic, enthusiastic, and articulate. They use a direct communication style, and demonstrate an emphasis on the “value” of activities and results. Meaning and purpose are important motivational influences to the self-actualized mindset. They tend to explore and like to try new things, and are inquisitive. They know themselves, their strengths and weaknesses and fundamentally accept themselves without shame and blame - comfortable on their own skin and prepared to be visible. They will generally be non-judgmental of others and are capable of listening and learning well.

Self-Actualized Mindsets - The Key to the Motivation to “Live Your Best Life”

Measures a way of thinking that results in the highest form of personal fulfillment. Becoming self-actualized is the final step in one’s growth and maturation process. This style is characterized by an unusually high acceptance of self, others and situations “as they are.” Self-actualized people are creative and imaginative, and take a unique approach to life. Individualistic by nature, self-actualized people have a strong interest in working to become everything they are capable of being. They have a healthy sense of self-worth, a strong curiosity about people and things, and an acute awareness of both their own actions and others feelings.

You Take A Unique Approach To Life

Your high score on the Self-Actualizing scale indicates that you possess many of the characteristics associated with this unique style of thinking. This has positive implications for you in terms of both your approach to tasks and relationships with others.

How we think guides our lives, and your guidance system appears to be in good order. You tend to have confidence in yourself and in your ability to make things better. This overall confidence can have a favourable impact on all aspects of your life, including your personal growth and development, relationships and effectiveness at work.

You are generally motivated by your own values and are relatively free of stress. You have a good sense of self worth and tend to be individualistic. You are likely to be secure within yourself and in control of your thoughts, feelings and actions.

You may prefer working toward accomplishing goals you set yourself rather than toward goals imposed on you by others. Your tendency to be motivated by your own values and beliefs probably frees you from many of the common constraints that cripple so many people.

You tend to be psychologically and physically healthy. You probably have fewer occurrences of stress-related illness and experience less tension than most people because fewer things are a threat to you.

You typically have a balanced concern for tasks and people. You can become fully involved in projects that interest you, yet are capable of leaving situations you do not find as satisfying. You seek to understand people and are usually a good judge of them and their abilities. You tend to have many interests and are likely to be open to new people and experiences.

You will tend to show a desire for, and work toward, a sense of collaboration. While team-work probably seems natural to you, focusing on cooperating with others can help you to develop fuller, more complete skills to match your basic philosophy.

You are likely to be interested in developing yourself and enjoying life. You are inclined to accept yourself realistically for who you are and to work toward improvement. Rather than waste time and energy analyzing the past or trying to predict the future, you have the capacity to live in and enjoy the present. Being in touch with what is currently happening allows you to better predict the future than most. Others tend to admire your confidence, spontaneity and joy in simply living.

You are basically honest, ethical and trustworthy. You are capable of candour without cruelty and are honest in your feelings, thoughts and actions. Reality is likely to be important to you, and you feel it must be recognized and reported.

You value ethics and are able to subscribe to some code of morality without feeling as if all must sign up or be doomed. Others see you as a person of principle; your word and integrity are important to you. You tend to be committed, to the best of your ability, to live according to your own values.

You are generally open to trust and inclined to give someone a chance. When you know the facts, you can be a realistic judge of the situation. You are likely to look for the truth within a situation and consider many factors, balancing the good and the bad.

You typically have little or no need for power over others. You have the ability to rise above the issues of insubordination and domination. You have a potential for greater inner freedom of opinion. You probably do what is necessary to function in a power structure, but seldom take it seriously.

You can achieve superior results through your unique thinking process. To an extent that might surprise you, you possess a thinking process that is concerned with meaning. You are most inclined to see things as having multi-layered causes.

You tend to see the requirements of the situation, accept responsibility and act in an appropriate fashion. You are able to be more flexible and creative than others because you have access to material from your subconscious.

You tend to have a realistic appreciation of what is available to you. Being self-actualized gives you a different perspective that results in a wiser use of resources: Money, people, time and materials. You do not use these things as a basis to establish your own self-esteem, but for what they are.

What Does High Self-Actualization Look Like?

A strong mindset on the Self-Actualized scale indicates that these characteristics may describe you:

- Relative freedom from feelings of guilt and worry.
- An optimistic view of life.
- A high level of self-confidence.
- The ability to be creative.
- Openness and a concern for self-growth.
- Excellent interpersonal relationships.
- A sense of excitement and full participation in life.
- Outstanding accomplishments.

Although few people are truly “self-actualized,” those who experience a satisfying sense of joy and completeness. Self-actualization has nothing to do with special talents, education, or social position: It has to do with knowing yourself and uncovering those things to which you can feel committed. It means self-respect, self-acceptance, competence and pride in what you do, and in how you do it.



Explaining and Growing the Self-Actualizing Style

<https://podcasts.apple.com/au/podcast/069-explaining-and-growing-self-actualising/id1371885437?i=1000450953493>

The idea of self-actualization, as originated by psychologist Abraham Maslow, is a near-ideal state of being. It is a very real statement of what human beings can become. Maslow described two need systems in people. The first he called “D” values, defined by our Deficiency Needs. “D” values lead us to be defensive and do what we can to feel more secure, but not necessarily to grow. These behaviours arise when our basic human needs are frustrated. According to Maslow, people with “D” values dislike themselves, reject their essential humanity and battle the world just to prove they exist. Their defensive qualities compensate for feelings of being insignificant. Those with “D” values focus on the superficial: Antagonism, hate, competitiveness, and cheap power. They ignore trust and friendliness, are not open to new experiences and fail to see the very potential of human thought itself. Exactly opposite are people with Maslow’s “B” values (for Being: a way to be). They love learning and life and have the capacity for real intimacy, love and generosity. Maslow’s “self-actualized” people were mature adults with a history of productive involvement in their work. While only a very small percentage of people ever achieve a fully self-actualized state, it is possible to some degree in all of us. There is no group that is especially self-actualized. While this style characterizes the top of many organizations, it is not exclusive to this group. That so many such people are at the top only suggests that this way of thinking works very effectively.

The Self-Actualizing style is not difficult to develop. It requires only that you build confidence in yourself and your own abilities, and that you learn what you do matters and can make a difference. It has a lot to do with trust, both in yourself and the world around you.

1. Learn to accept yourself as you are. If you are to live as effectively and happily as you can, you must first believe in yourself.
2. Accept others and their differences unconditionally. Resist the urge to judge according to your personal value system. Broaden your exposure to people of different backgrounds, ages, occupations, and interests.
3. Restructure unpleasant tasks to make them more enjoyable. Think of more creative, innovative ways to perform routine tasks. Recognize that satisfaction in a job well done is the best possible reward for accomplishing something.
4. View problems as opportunities for growth and development. Approach problems positively and use creativity and ingenuity to solve them.
5. Concern yourself with what is happening right now. Learn to leave the past behind and refuse to think too far into the future.
6. Get to know yourself. Learn to value what you want from life above all else. Allow your feelings, thoughts and goals to guide your life.
7. The extremely independent behaviour of the Self-Actualizing style can be misinterpreted as a preoccupation with the self.

As you work to develop this style, also work to strengthen your concern for the growth and development of others, as characterized by the Humanistic-Encouraging style. Doing so can help you to achieve an effective balance of behaviour. The feelings and perceptions that underlie the Self-Actualizing style are valued by other people, even though most do not know or understand this style’s existence or characteristics. They do, however, see the difference in the performance, and the depth and caring exhibited by self-actualized people. Self-Actualizing people have high self-confidence and a strong belief that their efforts have meaning.

Those who score above average on the Self-Actualizing scale are likely to have a strong sense of self-worth and be highly individualistic. Consequently, they tend to prefer working toward accomplishing self-set goals rather than those imposed by others. The list below will give you some sense of the scope of the ideas behind the Self-Actualizing style, and explain why this style of thinking is so critical to personal effectiveness.

In general, the Self-Actualizing mindset style includes the following:

1. An inclination to accept one's self realistically for who one is, and to work towards improvement. Rather than waste time and energy analyzing the past or trying to predict the future, the self-actualized person is inclined to live in and enjoy the present.
2. A tendency to have confidence in one's self and in one's ability to make things better. This overall confidence can have a positive influence on all aspects of life, including personal growth and development, relationships, and effectiveness at work.
3. A balanced concern for both the needs of others and the accomplishment of tasks. The self-actualized person actively seeks to understand people and is usually a good judge of their abilities.
4. While self-actualized people can become fully involved in projects that interest them, they tend to leave situations they do not find as satisfying. They generally have many interests, and are open to new people and experiences.
5. A desire for a sense of collaboration—an attitude that “we're all in this together.” To self-actualized people, team work seems natural. They focus on cooperation, which they see as a far more important motivator than competition.
6. A tendency to see the requirements of the situation, accept responsibility and act in a creative and appropriate manner. In a larger sense, self-actualized people are inclined to accept their responsibility to humanity at large to behave in certain ways.
7. Ethics and some code of morality. The sense that one's word and integrity are important. Self-actualized people are committed, to the best of their ability, to live up to moral values.
8. Candor without cruelty: An ability to be honest in one's feelings, thoughts and actions. To self-actualized people, reality is important and must be known and reported.
9. Being in direct touch with what is happening allows self-actualized people to predict the future more accurately than most. This stems from their keen knowledge of what is happening in the present.
10. The ability to rise above the issues of insubordination and domination; to function in a power structure with little or no need to have power over others.
11. A potential for greater inner freedom of opinion, coupled with a desire to know about and be able to do things.
12. Wiser use of resources - money, people, time and materials - not to reaffirm self-esteem, but simply for what these resources are.
13. The ability to experience anger and indignation over injustice, ignorance and stupidity. Those who are self-actualized may feel guilt over things they could have done something about, but do not feel the more neurotic sense of pervasive guilt, fear and anxiety.
14. Openness to trust: The inclination to give someone a chance and the ability, when the facts are known, to be a realistic judge of the situation.
15. Psychological and physical good health with fewer stress-related illnesses and less tension, because fewer things are threatening. Self-actualized people are secure and in control of their thoughts, feelings and actions.
16. A tendency to see things as having multi-layered causes rather than as simply black and white, and an ability to be flexible and creative.

Self Actualized Thinking: High Range 65% and Above (Most Effective)

The Self-Actualized scale of measures a way of thinking that results in the highest form of personal fulfillment. Becoming self-actualized is the first step in one's growth and maturation process. High scores in this style are characterized by an unusually high acceptance of self, others and situations "as they are." Self-actualized people are creative and imaginative, and take a unique approach to life." Individualistic by nature, self-actualized people have a strong interest in working to become everything they are capable of being. They have a healthy sense of self-worth, a strong curiosity about people and things, and an acute awareness of both their own and others' feelings. Their insight and directness add fresh perspectives to situations.

Self-actualized individuals actively take a higher degree of responsibility for themselves and are motivated by their own values and beliefs. They lead satisfying lives, and their behaviour is an effective insulator against stress. You tend to have a great deal of confidence in yourself and in your ability to make things better. Your healthy outlook can positively influence your personal development, relationships and effectiveness at work. You are able to determine what a situation requires and act to improve it. Because you tend to be a person of principle, you strive to live up to your own values. You use your available resources well, and make the most of any situation. You have many interests, and are open to new people and experiences. Others typically admire your confidence, spontaneity, and the joy you experience in simply living. Here are a number of practical skills of highly affiliative people;

- They encourage and support people to think in unique and independent ways to foster innovation, change and new ways of doing things (big or small).
- They help people to really know their role / job and support them to work with autonomy.
- They maintain personal integrity, increasing the trust of people at all levels of the organization to do their jobs with excellence.
- They resist conformity and stay aligned to one's personal values.
- They can deepen a collective approach to set clear priorities to ensure there is an emphasis on quality over quantity.
- They understand and commit to the organizational core values - "walk our talk."
- They understand and utilize the strengths of people and to empower people in their roles.
- They engage effectively with others to make decisions and solve problems.
- They continuously invest in personal growth and development.

Self Actualized Thinking: Medium Range 35% - 65% (Less Effective)

If you score closer to the 65%, you are generally confident that you can bring about change and improvement in yourself and others. You typically approach things realistically, tend to have varied interest, and are capable of excelling in what you find rewarding. If you score closer to the 35%, you may take somewhat less realistic views of yourself and others, and have a more moderate interest in your own growth and development. You may doubt yourself and your ability to make a difference.

Self Actualized Thinking: Low Range Under 35% (Least Effective)

You probably do not take an active interest in your own growth, and may not be working up to your potential. You may lack energy, spontaneity, and the ability to simply enjoy life. Your dissatisfaction with yourself may cause you to doubt your abilities to think creatively and make positive contributions. Your preoccupation with the past and / or doubts about the future may result in an unrealistic view of life, and a tendency to avoid involving yourself in what is currently happening.

Self-Actualized Behaviours Defined

Core Thinking Patterns for Individual, Team and Organizational Effectiveness

A Self Actualized Culture... Characterizes organizations that value creativity, quality over quantity, and both task accomplishment and individual growth. Members of these organizations are encouraged to gain enjoyment from their work, develop themselves, and take on new and interesting activities. While self-actualizing organizations can be somewhat difficult to understand and control, they tend to be innovative, offer high-quality products and/or services, and attract and develop outstanding employees. Measures a way of thinking that results in the highest form of personal fulfillment. Becoming self-actualized is the final step in one's growth and maturation process. This style is characterized by an unusually high acceptance of self, others and situations "as they are." Self-actualized people are creative and imaginative, and take a unique approach to life. Individualistic by nature, self-actualized people have a strong interest in working to become everything they are capable of being. They have a healthy sense of self-worth, a strong curiosity about people and things, and an acute awareness of both their own actions and others' feelings.

Organizational (OCI) Behaviours of Self-Actualized-based Thinking

- think in unique and independent ways
- maintain their personal integrity
- be concerned about own growth
- communicate ideas
- enjoy their work
- emphasize quality over quantity
- be open about self
- do even simple tasks well
- resist conformity
- be spontaneous

Group (GSI) Behaviours of Self-Actualized-based Thinking

1. have the group creatively identify opportunities, possibilities and interesting alternatives;
2. when having conflicts (differing) do so constructively to generate better ideas;
3. have members remain independent in thought yet be willing to compromise;
4. view the problem in a positive manner - as an interesting task;
5. have people provide leadership and direction with out taking over
6. ensure members 'get into' the problem solving mode and really enjoy it.

Individual (LSI) Behaviours of Self-Actualized-based Thinking

Respected and well thought of	Energetic, active	Creative and original thinker	Self-respecting
Unique and independent in thought	Spontaneous	Communicates ideas easily	Open about self
Optimistic and realistic	Good leader	Knows how people feel	Not easily upset
Very alive kind of earthy person	Like responsibility	Sound judgement	Non-defensive.
Very aware of own feelings	Confident, relaxed	High personal integrity	Enthusiastic
Explores new opportunities	Exciting to know	Imaginative - playful	Self-assured

The Self-Actualized Mindset - What Can You Change?

You can't always change or influence the people around you, but you can control your reactions to them. These reactions originate in your *thoughts*, or the way you perceive and process information and experiences. Your thoughts are powerful resources; what you think defines who you are and what you do in every aspect of your life. By modifying what you think, you can change how you behave.

Using the LSI Leadership Assessment to Initiate Change in Your Self-Actualized Mindset

Completing and reviewing your LSI and / or an LSI 360 is the vital first step in the process of changing your behaviour. The inventory has undergone over 45 years of extensive research, and has been established as a valid, reliable way to help you take an objective look at yourself.

You can use the LSI to:

- Understand what you were like now, and will cause you to be that way.
- Recognize the consequences of your behaviour and how it affects yourself and others.
- Pinpoint your own unique strengths, as well as any "stumbling blocks" to your effectiveness.
- Identify more constructive ways of thinking and behaving
- Decide what aspects of your behaviour you want to change.
- Develop a specific strategy to help bring those changes about.

Moving from Thought to Action

Merely completing the LSI and / or LSI 360 will do little to advance your desire to improve yourself in the Self-Actualized area. To receive the fullest benefit from the inventory, devote some time to interpreting your LSI / LSI 360 scores (by reading you customize leadership assessment report), thinking about what you learned, and setting goals around what you want to change.

Below are some helpful change guidelines to assist you, followed by a thorough plan of action you can complete to most effectively direct your efforts.

Self-Actualized Mindset Change Guidelines

1. Acknowledge and except all aspects of yourself. Remember, the question is not "am I a good or bad person?" but rather "what is preventing me from being more effective in the Self-Actualized area, and what can I do to improve?"
2. Recognize that your sense of self-worth *is not* connected to your LSI scores or the impressions others have of you (via feedback or on an LSI 360 assessment. You are worthwhile because you were a human being - tying your self-worth to outside factors can limit your ability to make positive changes in your behaviour.
3. Specifically define what you want to change about being more Self-Actualized and why. Clearly describing an aspect of your behaviour, stating the problems it creates for you, listing why you want to change it, and detailing the actions you plan to take will properly focus the change process.
4. Increase your confidence by concentrating on what you do well. Overcome your preoccupation with failure by focusing on your successes. Make a list of all you do well, and read it when you were feeling under confident.
5. Practice using more effective Self-Actualized behaviours in your mind. These "practice sessions" will gradually begin to affect your real-life performance in 1;1 or group interactions. Picture yourself deliberately changing what you decided to change. Then, imagine yourself as you will be after successfully making the change.

6. Discipline yourself to consistently monitoring your thoughts and constantly testing your assumptions. This can be done most easily by observing the situations in which cause you discomfort or stress.

7. Remember that you cannot change your Affiliative mindset overnight. It is taken years to develop your current behaviour; it will take some time to modify it. Your progress will deepen on how dedicated and sincere you are in your commitment to improving yourself. Move towards an image of your "ideal self" one step at a time.

You may open this resource manual for many reasons. Perhaps you have been part of an organizational change, a reorganization, culture change process or you face and personal transition such as interpersonal feedback, retirement, return to work, change of career, or change of lifestyle. Think of this booklet smorgasbord of ideas, techniques, and strategies - and then create the mixture that will be most helpful to your situation.

The following are four keys to succeed in personal change:

1. Listen to yourself.

Pay attention to your hunches about what you need to do to become more Self-actualized. Don't let a good idea get away. Record your thoughts, responses, and action ideas in the action planning within this document.

What key messages are you telling yourself?

2. Focus on a few Self-actualized behaviours or actions at a time.

Do not overwhelm yourself - it is a good way to go nowhere. Build success in small steps.

What are 2-3 small steps are you looking at taking now, today?

a)

b)

c)

3. Challenge yourself to take risks and build capacity.

Adults learn best from experience. Ensuring you trust yourself to try new things is essential in building your capacity to grow and develop.

What constructed experience will help you take the next step? List it here.

4. Review your goals and action plan daily.

Put your list of actions where you can see them regularly. Staying focused on what you want will help you.

Changing Self-Actualized Mindsets - Action Planning Worksheet

Step 1: My score for the Self-Actualized Thinking Style is _____ (percentile)

Step 2: My score on Self-Actualized means I tend to believe that:

Step 3: Significant Influences

We think and behave as we do because we have been influenced by significant people and situations in our lives. Consider *your* life: try to identify and isolate the influences you've experienced that may be associated with the style.

Significant Person (or situation) _____

Ideas / Behaviours You Might Have Learned _____

Step 4: Consider the consequences of using the style and list them as indicated below.

Personally

Positive Consequences

Self-Defeating Consequences

Professionally

Positive Consequences

Self-Defeating Consequences

Step 5: Consider how your life would be different if you change your behaviour to be more Self-Actualized.

What are some positive differences?

What are some negative differences?

Step 6: Changing your Self-Actualized behaviours

Changing your Self-Actualized behaviour involves changing your mind regarding some ideas you hold around how you value and interact with people. Consider what you will have to give up and what you will gain. What cherished ideas must you challenge? Go back to your LSI leadership report and review both the words and statements that identify this style and your responses to them.

How would you like things to be different? (Same suggestions below)

Becoming More Effective: Continuing To Improve

To further increase your effectiveness, you might consider strengthening your use of some of the behaviours described in this section or use the following suggestions as guidelines.

1. Learn to accept yourself as you are. If you are to live as effectively and happily as you can, you must first believe in yourself.
2. Accept others and their differences unconditionally. Resist the urge to judge according to your personal value system. Broaden your exposure to people of different backgrounds, ages, occupations, and interests.
3. Restructure unpleasant tasks to make them more enjoyable. Think of more creative, innovative ways to perform routine tasks. Recognize that satisfaction in a job well done is the best possible reward for accomplishing something.
4. View problems as opportunities for growth and development. Approach problems positively and use creativity and ingenuity to solve them.
5. Concern yourself with what is happening right now. Learn to leave the past behind and refuse to think too far into the future.
6. Get to know yourself. Learn to value what you want from life above all else. Allow your feelings, thoughts and goals to guide your life.
7. The extremely independent behaviour of the Self-Actualizing style can be misinterpreted as a preoccupation with the self. As you work to develop this style, also work to strengthen your concern for the growth and development of others, as characterized by the Humanistic-Encouraging style. Doing so can help you to achieve an effective balance of behaviour.

Step 7: What barriers now exist to making this change?

- a) _____
- b) _____
- c) _____

Step 8: How can you overcome these barriers? Try to *challenge your assumptions* about your behaviours.

- a) _____
- b) _____
- c) _____

Step 9: What will you gain by making this change and becoming more Self Actualized?

- a) _____
- b) _____
- c) _____

Step 10: What do you plan to do to bring this change about?

- 1) _____
- 2) _____
- 3) _____

Step 11: Seeking Support

Depth psychologists know that our capacity for growth relates to our ability to internalize and take personal responsibility for the following three parts of our lives –

- a) Insight** (self awareness and internal motivation to grow and transform is essential here - LSI mindset assessment helps by providing a language and framework);
- b) Endurance** (courage and alignment with your core values helps here);
- c) Action** (moral strength and motivation to grow / learn helps here).

Seek support for your change efforts. Ask one or two trusted family members, friends or work members for their help. Solicit feedback from them on your progress.

With whom will you share your intentions and plans to change? _____

How can they best assist you? _____

Step 12: Accountability - By what date do you intend to take action? _____

Key Components of Self-Actualization “Mindset” - The 12 O’clock Position

Measures a way of thinking that results in the highest form of personal fulfillment. Becoming self-actualized is the final step in one’s growth and maturation process. This leadership style is characterized by an unusually high acceptance of self, others and situations “as they are.” Self-actualized people are creative and imaginative, and take a unique approach to life. Individualistic by nature, self-actualized people have a strong interest in working to become everything they are capable of being. They have a healthy sense of self-worth, a strong curiosity about people and things, and an acute awareness of both their own actions and others’ feelings. Self-actualized people love learning and life and have the capacity for real intimacy, love and generosity. The self-actualizing style is not difficult to develop. It requires only that you build confidence in yourself and your own abilities, and that you learn what you do matters and can make a difference. It has a lot to do with trust: in yourself and the world around you.

Self Actualized Component (Lay Language) and Simplified Definition

Rate how well you do these component on a scale from 1-10 (Ten being very high; One very low)

- /10 1. Understanding and Commitment to Core Values (Integrity – Walk the Talk)
Solidification of core values, ethics and some code of morality. The sense that one’s word and integrity are important and that these values are integrated into everything you do.
- /10 2. Personal Identity – independent – Strong belief in oneself
Individualistic ~ Strong Personal Self-Confidence / Self-Worth with a high acceptance of one’s self realistically for who one is, and works toward improvement.
- /10 3. Sense of Purpose, Passionate and Positive
Positive influence on all aspects of life, including personal growth and development, relationships, and effectiveness at work.
- /10 4. Understands and Utilizes Strengths
Putting talents into action and applying skills to endeavours in efforts to achieve goals.
- /10 5. Understands Weaknesses (*ensures they do not cause damages*)
Understands weaknesses and preferences and works to ensure they do not cause performance issues / damage. Asks for help as required.
- /10 6. Priority Setting
Knows what is important to self, others and the organization and sets priorities together.
- /10 7. Role Clarity (alignment with purpose)
Review and reflects on tasks that need to be completed and helps define who should be doing what based on strengths / motivation.
- /10 8. Problem Solver
Approach problems positively and use creativity and ingenuity to solve them. Have confidence in one’s self and in one’s ability to make things better. View problems as opportunities for growth and development.
- /10 9. Risk Taker
Openness to trust: The inclination to assessment situations and to take sound risks. Also open to giving someone a chance and the ability to prove themselves.

Key Components of Self-Actualization Mindset - The 12 O'clock Position (Con't)

- ___ /10 10. Low Level of Guilt, Fear, Worry and / or Anxiety
Psychological and physical good health with fewer stress - related illnesses.
- ___ /10 11. Using Past Experiences to Help Make Future Predictions.
Able to handle situations by tapping ones past experiences or success or seek help from others. Predict the future more accurately than most. This stems from their keen knowledge of what is happening in the present.
- ___ /10 12. Non-Judgmental Attitude Towards Self / Other with Depth and Caring.
Accept others and their differences unconditionally. Resist the urge to judge according to your personal value system.
- ___ /10 13. Tapping Ones Potential
Enjoying living ones potential with a high self-confidence and a strong belief that their efforts have meaning. Allow ones feelings, thoughts and self-set goals to guide ones life.
- ___ /10 14. Growth and Development
A thirst for growth and development of ones personal abilities a desire for peak experiences (high point) while managing nadir experiences (low points) to allow for learning, growth and maturity.
- ___ /10 15. Flexible, Creative and Imaginative
Accept responsibility and act in a creative and appropriate manner. Takes a unique approach to life / work and thinks of creative and innovative ways to perform routine tasks.
- ___ /10 16. High Level of Maturity
Candor without cruelty: An ability to be honest in one's feelings, thoughts and actions.
- ___ /10 17. Demonstrates Strong Commitment (Goals / Values)
Knowing yourself and committing to the best of their ability to the goals and values.
- ___ /10 18. Wiser Use of Resources - Money, People, Time and Materials
Wise use of all resources. A desire for a sense of collaboration - an attitude that we are all in this together.
- ___ /10 19. Desire to Shared Power
Has the ability to rise above the issues of insubordination and domination; to function in a power structure with little or no need to have power over others.
- ___ /10 20. Evaluate Strategic thinker.
Evaluates in a constructive manner.
- ___ /10 21. Peak Experiences
Has the ability to process Peak Experiences (life's highs) for learning, confidence building and enhanced self-awareness.
- ___ /10 22. Nadir Experiences
Has the ability to process Nadir Experiences (life's lows) for learning, confidence building and enhanced self awareness.