

SELF-ACTUALIZATION QUIZ

ARE YOU LIVING YOUR TRUTH?

RATE THE FOLLOWING STATEMENTS ON A SCALE FROM 0-5,
WITH 5 INDICATING A STRONG AGREEMENT
AND 0 INDICATION NO AGREEMENT.

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I am always striving to be better.

I make myself and personal time a priority in my daily routine.

I am doing all the Universe asks of me.

I am at peace with myself.

I am exactly where I am meant to be.

I feel a sense of connectedness to life and the Universe.

I am at peace with myself.

People see me as I really am.

I am not afraid of change.

I trust in the Universe and follow the doors that open to me.

I derive personal and/or spiritual satisfaction from my daily work.

I use my inner energy to help and support others.

I am fully myself with everyone in my life

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I am not going against myself with the choices I make each day.

I always follow my inspiration.

I have attracted a community of friends who love me for who I am.

I find it easy to share my ideas with others.

I am the person I want to be.

If I learned my life was ending, I would feel like I had lived life to the fullest.

Many of my life long dreams have been fulfilled.

I like to act on my creative urges.

TOTAL _____ (MAX 100)

RATE THE FOLLOWING STATEMENTS ON A SCALE FROM 0-5,
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Results:

80-100 = Self-Actualized

60-79 = Self-Aware

< 59 = Awakening

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