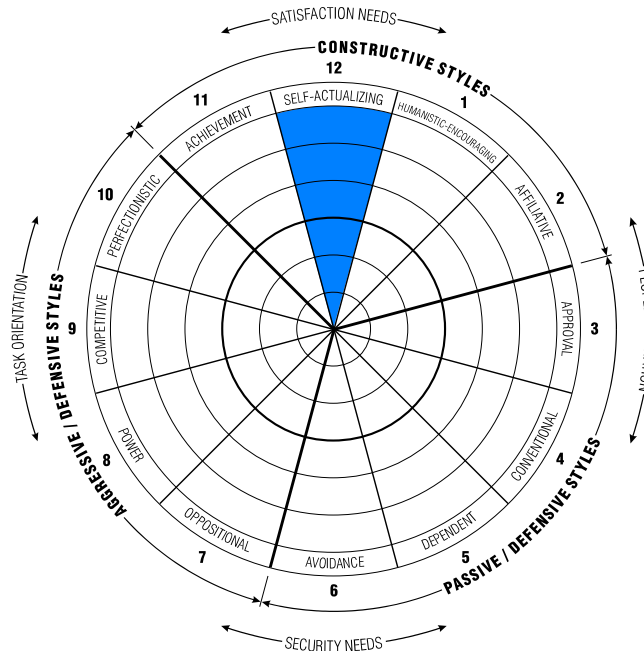


# The Self-Actualized Mindset

Attitudes, Values and Beliefs for Working Effectively with People

## Cascading Action Plans



### Self Actualized

Twelve o'clock position

**Style Description: enthusiastic, creative, confident and compassionate**

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 self and others and are capable of listening and learning well.

# Self-Actualized-based Thinking Cascading Action Plans

## Key Focus Areas for Development

### **Start Here...**

*(If your scores on Self-Actualization are low percentiles)*

- \_\_\_ reflect on what a quality day's focus looks like – strive to be consistent in your contributions.
- \_\_\_ setting clear goals / priorities based on what's most important for the day / project / initiative.
- \_\_\_ take an active interest in your personal and professional growth and development.
- \_\_\_ find little ways and make your work and life more enjoyable.

### **Then Advance to Here...**

*(If you are starting from the low to middle percentiles)*

- \_\_\_ work to stay in the present, by letting go or not getting too pre-occupied with concerns of the past or doubts of the future.
- \_\_\_ explore ways to have more energy and to renew (movement, healthy eating, a good night's sleep, finding things that bring you interest etc.)
- \_\_\_ connect with things that internally motivate you. Work to bring these things into your day, week, month etc.
- \_\_\_ strives to improve things within my day-to-day work, motivated for continuous improvement – to reach beyond my current skill level to become even better.

### **Then Strive to Lead at This Higher Level...**

*(If you are looking to advance your percentiles to the highest levels)*

- \_\_\_ be a person of principle, strive to live up to your own values – aligning with what important to you.
- \_\_\_ work to be really open, creating a willing to experiment, to learn and not to feel guilty if you make mistakes.
- \_\_\_ work to see problems as an opportunity to grow, to learn, to use your skills and collaborate with others.
- \_\_\_ build my capacity to grow your confidence in yourself, to not worry and to invest in using your strengths and making things better in all areas of your life. Embrace life.