

Maslow's Assessment of More Creative People²

Maslow compiled a number of specific self-actualizing creative traits, reframed here into questions. Thoughtfully answer them. Absorb them, even wallow in them.

To what extent do you see yourself as...	Greater Extent	Somewhat	Lesser Extent
1. accepting yourself, others, and human nature?	_____	_____	_____
2. capable of detachment from your own culture, and able to objectively compare cultures?	_____	_____	_____
3. tolerant of, and even liking, ambiguity?	_____	_____	_____
4. appreciating humor but having a more thoughtful, philosophical sense of humor, constructive rather than destructive?	_____	_____	_____
5. being problem-centered (not self-centered)?	_____	_____	_____
6. having a philosophy/mission in life?	_____	_____	_____
7. enjoying working toward achieving a goal as much as reaching the goal itself?	_____	_____	_____
8. generally patient with others?	_____	_____	_____

To what extent do you see yourself as...	Greater Extent	Somewhat	Lesser Extent
9. strongly ethical and moral in individual ways, but not necessarily in conventional ways?	_____	_____	_____
10. able to handle stress?	_____	_____	_____
11. tending to do most things creatively, without necessarily possessing great talent?	_____	_____	_____
12. not needing fame, glory, flattery, applause, status, prestige, or wealth?	_____	_____	_____
13. not needing to be loved by everyone?	_____	_____	_____
14. not responding to advertising, campaigns or other people's expectations?	_____	_____	_____
15. simultaneously loving the world as it is while trying to improve it?	_____	_____	_____
16. responding to the challenge in a job, the chance to improve a situation?	_____	_____	_____
17. attracted by mystery, unsolved problems, the unknown, and the challenging?	_____	_____	_____
18. feeling every person should have an opportunity to develop to their highest potential, to have a fair chance, to have equal opportunity?	_____	_____	_____
19. enjoying taking on responsibilities?	_____	_____	_____
20. considering your work to be worthwhile, important, even essential?	_____	_____	_____
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Total	_____	_____	_____

The more you were able to answer to a “Greater Extent,” the more you acknowledge that you are a self-actualizing creative person.

- Which of these self-actualizing traits did you most see in yourself?

- Which traits surprised you? Why?

- To what extent were you brought up to bury your creative potential, making it difficult to recognize yourself as a creative person?