Module 23
Lecture Notes

Quote:

*By asking for the impossible we obtain the best possible.*

1. What was Maslow’s main point?

2. How is this true?

3. How many levels does he include?

A. How many sets did he divide these levels into?

4. What does deficiency needs have to do with?

5. What did he call these deficiency needs?
   A.
   B.

6. What happens when these deficiency needs are taken care of?

7. What are metaneeds?

8. What are the names of the metaneeds?
   A.
   B.
   C.
   D.
   E.
Working towards Self-Actualization

What is one short-range goal you have?

Step 1: Write down one weakness and one strength?

Step 2: Name one person you can always count on— in bad or good times?

Step 3: Describe one thing you revealed that made you feel good after you stated it?

Step 4: Name one person who admire?

Step 5: Describe something you accomplished that changed your thinking?

Step 6: What do you do when you have a bad day?

Step 7: What is the one thing that means the most to you?