

Self-Actualization

“Self-actualization is the willingness to persistently try to improve oneself and engage in the pursuit of personally relevant and meaningful objectives that lead to a rich and enjoyable life” (Stein and Book, *The Student EQ Edge*, 65). It also includes the accompanying sense of power to make your own decisions in order to achieve your desired goals and outcomes.

If you are an Asian, in particular, who is struggling with self-actualization, take some of this advice from Jane Hyun’s *Breaking the Bamboo Ceiling* (p, 86):

- Include your parents in your career selection process as early as possible. If you are not yet certain, share with them various areas that might appeal to you and why.
- Complete some self-assessment exercises. Show your parents your results, relating them to the profession you have chosen. Solicit their feedback
- Involve your parents in your decision making process by giving them examples of success stories for the career targets you have chosen and be honest with them about your enthusiasm for the field.

“The most successful and happy people are those in tune with the things that excite them” (EQ Edge, 121).

There are a number of self-assessments available that will help you get to know yourself better. Many are free or low cost. If you would like to do an EQ Analysis with an Ascend International trained professional, email Guy Armstrong at garmstrong@ascend-international.com. If you would like a free resource that can be helpful, but not as personally geared to you, you can follow this link and take the Myers-Briggs Assessment online:

<http://www.humanmetrics.com/cgi-win/jtypes2.asp>

Once you complete the assessment, you can find many resources online for Myers-Briggs that will assist you in better understanding yourself. If you are like many, once you really understand yourself and your passions, it becomes much easier and clearer as to what path you should take in order to help you achieve both fulfillment in life, but also a measurable way to use your gifts and strengths to most help others. This, too, is part of finding true fulfillment in life.

(For further leadership development resources and opportunities, consult www.ascend-international.com)