

# 20 Suggestions for Enhancing & Developing Your Self-Actualization

1. Develop a clear and compelling vision for a desired future state.
2. Complete an accurate assessment of your current state, including taking total responsibility for your current situation.
3. Do something outrageous or unconventional. Drive a different way to work, try a new dish or take up a new hobby. Fight familiarization; try new things and sample all that life has to offer.
4. Plan quiet downtime for prayer, meditation, or reflection.
5. Plan one weekend a year to get away all by yourself.
6. Reacquaint yourself with nature.
7. Appreciate the laughter of a child, a sunrise or sunset as if it will be last time you hear or see it.
8. Embrace your past; learn from your mistakes and let go of guilt.
9. Constantly ask yourself how an 'innocent' – a young child full of wonder or an older person who is no longer competitive or ambitious, would frame a current challenge you are facing.
10. When you feel sorry for yourself, help those less fortunate.
11. Belly laugh every day.
12. Don't be ashamed to be good and virtuous in a cynical world; you don't have to silently or politely agree with everyone. A white lie is still a lie.
13. Spend time reading or studying in the "clean air" of pure fields of inquiry – philosophy, science, or mathematics.
14. Write your obituary. What have you left undone.
15. Cultivate a sense of wonder and appreciation.
16. Visit a museum, attend a musical, or go to the symphony.
17. Create and adhere to a "To-Don't List."
18. Spend more time with children or animals.
19. Stop expecting others to appreciate what you do for them; or for those who have wronged you to apologize or feel remorse.
20. Realize that forgiving others is a gift you give yourself.

