

# Coaching Tip #415

Exceptional Leaders -

## Achieve Self-Actualization

The meaning of life is  
in striving for goals,  
work to achieve the  
goals and make your  
life as best you  
can

— Chuck Norris —



Exceptional leaders know the state of being where we feel we are fulfilling something worthwhile and achieving our goals and dreams. Several psychologists speculated that this is the real way to achieve happiness and a sense of satisfaction.

According to Maslow 'Hierarchy of Needs', self-actualization is considered the top of the pyramid and what we go after once we have achieved our physiological needs like safety, obtaining food, and breathing.

However achieving actualization can be elusive, while most of us here in the US have little trouble satisfying the basic needs many of us do struggle to really know what it is that we want to accomplish in life and so to give our lives that kind of purpose.

There are plenty of strategies that have been devised to help achieve Self-Actualization. Here are a few of the things you can do yourself right now to help you get back on track.



## Some strategies to achieve Self-Actualization

- The Five Fold Why - Ask yourself a question and then follow it up with the question 'why' five times. The reason this works is that it forces you to think more deeply on a subject rather than just answering the question.
- Write Your Bucket List - A bucket list is a list of things you want to achieve, and common entries include things like 'sky dive' or 'learn to play your favorite song on the piano'. By writing a bucket list you ensure that your life is fulfilling in terms of the experiences and memories you have at the end of it.
- Your Ideal Day - What would be your most perfect day - and then you take notes of those things that would bring you the most long term happiness. By noting what it is that would bring you genuine happiness, you can then make the steps necessary to accomplish it.