

## **Self-Actualisation**

For today's focus I am sharing an extract from an article by Jen Kim on "self-actualisation". I know, it sounds like a load of jargon but it has an important part to play in our mental health and well-being in how we see / view ourselves and our path in life.

So what is it exactly? Well it's about how to truly become yourself and your own perspective on it.

"If you are seeking to become the best version of yourself, then you might consider self-actualization, a theory developed by Abraham Maslow in 1942. He described this theory "as the desire to become more and more what one is, to become everything that one is capable of becoming."

Achieving self-actualization, however, first requires the fulfilment of four basic, lower needs:

- Physiological: Things we need to survive, including food, water, and shelter
- Safety: The need to feel secure, safe, and not fearful of the world
- Love: The need to feel love and affection from social relationships
- Esteem: The need to have self esteem for our own achievements as well as esteem or recognition from others

It is only after you achieve these first four needs that you can attempt to reach the final need:

- Self-actualization: The need to be fulfilled and reach our full potential

For Maslow, meeting our full potential means we must do the things that will make us truly happy: "A musician must make music, an artist must paint, a poet must write if he is to be ultimately happy. What a man can be, he must be."

But here's the problem: What if the thing that makes you happy today doesn't make you happy a decade later? After all, if our taste buds can change as we age, why can't the things that make us happy?

In fact, they do, says Harvard psychologist Daniel Gilbert. In his TED Talk, ["The Psychology of Your Future Self,"](#) he explains:

"Human beings are works in progress that mistakenly think they're finished. The person you are right now is as transient, as fleeting and as temporary as all the people you've ever been. The one constant in our life is change."

When people were asked to think of their former selves from a decade prior, they were able to recognize that their tastes, values, and personality traits had evolved through the years. We see change only in retrospect. So really, there is no magical age at which you are "finished".

Perhaps, self-actualization, then if it's something that we should truly be striving for, is not a goal to be met just one time in our lives. It's a never-ending, constantly evolving, real-time acceptance that our full potential, just like our tastes and values, are strange and unpredictable—that ultimately, we are never set in stone. And at some point, you have to realize that to attain lifelong fulfillment, you can't ever retire from seeking it out."

So, I hope in reflection today, that you accept where you are now, be proud of how far you've come and keep learning and growing despite life's unpredictability. Go You! #teamfen 🤝📚💻📱



"In any given moment we have two options: to step forward into growth or to step back into safety."

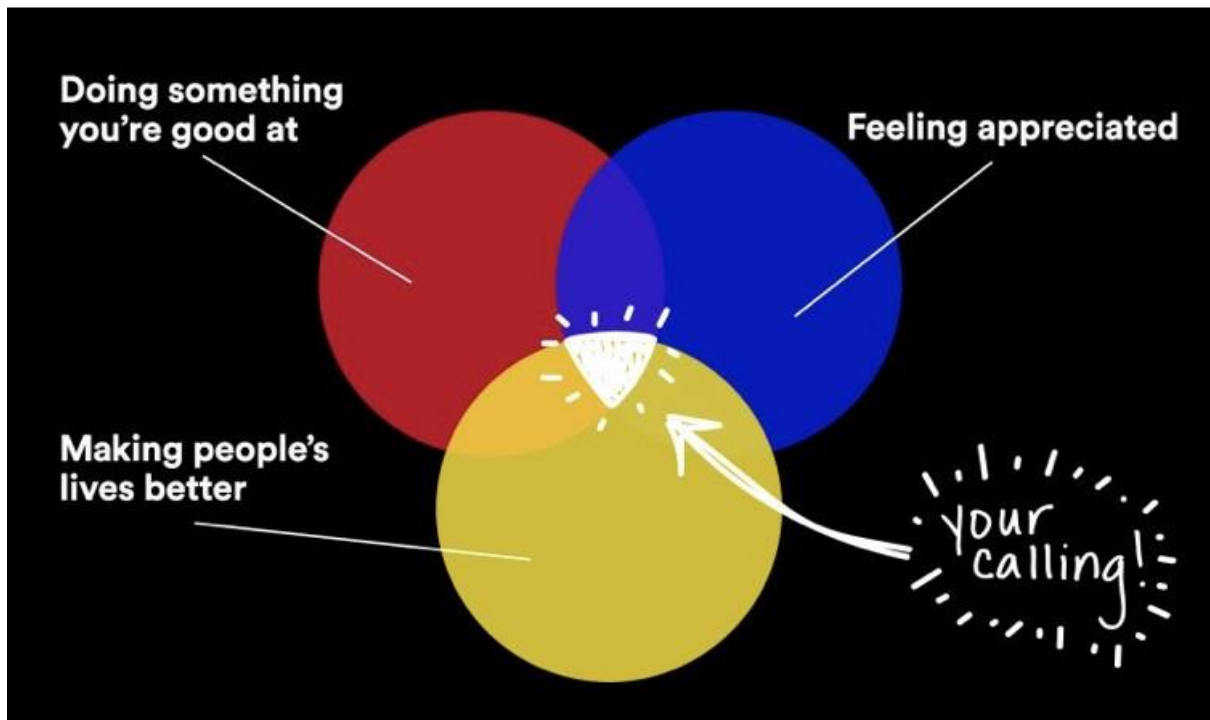
-Abraham Maslow

Knowing others is intelligence;  
knowing yourself is true wisdom.  
Mastering others is strength;  
mastering yourself is true power.

Laotzi

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You don't just find your calling. You have to fight for it.





A bird sitting on a  
tree is never afraid  
of the branch breaking,  
because her trust is  
not on the branch  
but on it's wings.  
**Always believe  
in yourself.**

#mentalhealthmatters #selfactualisation  
#humanbeingnothumandoing #selfacceptance #wellbeingweds #maslow  
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