



RISE

*Ralise your POTENTIAL
& Live your PURPOSE*

Workbook 2





Welcome to Module 2!

This module explains the scientific background of realising your potential - which, in the literature, is most often referred to as 'self-actualisation'. First, Maslow's hierarchy of needs is discussed, including its shortcomings. You're probably somewhat familiar with this model, so it's essential to be able to put it into context when you come across it.

The second part discussed Kaufman's research and the sailboat metaphor, which is similar to Maslow's model but more evidence-based and in line with more contemporary research. This research forms the basis of this entire course, so please ensure you understand it and how it applies to your personal circumstances. The exercises below will help you do exactly that.

Enjoy!

Maïke x



1) *Module recap*

Write down your 3 key takeaways from Module 2.

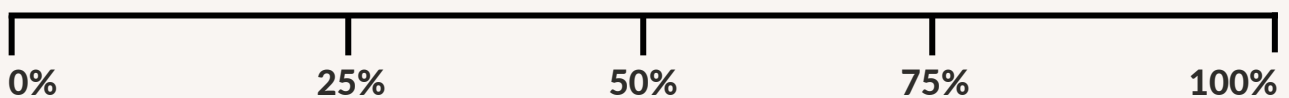
2) *Your self-congruence*

Describe your ideal self in as much detail as you can.

For example, how do they spend the day? How do they make a living? What do they do in their leisure time? What people do they spend their time with? What do they read/ watch/ consume? How do they handle setbacks? How do they look after themselves?

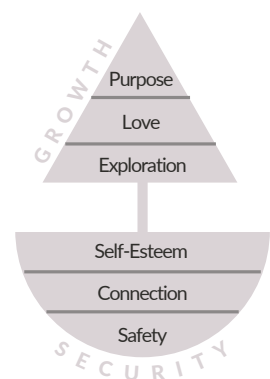
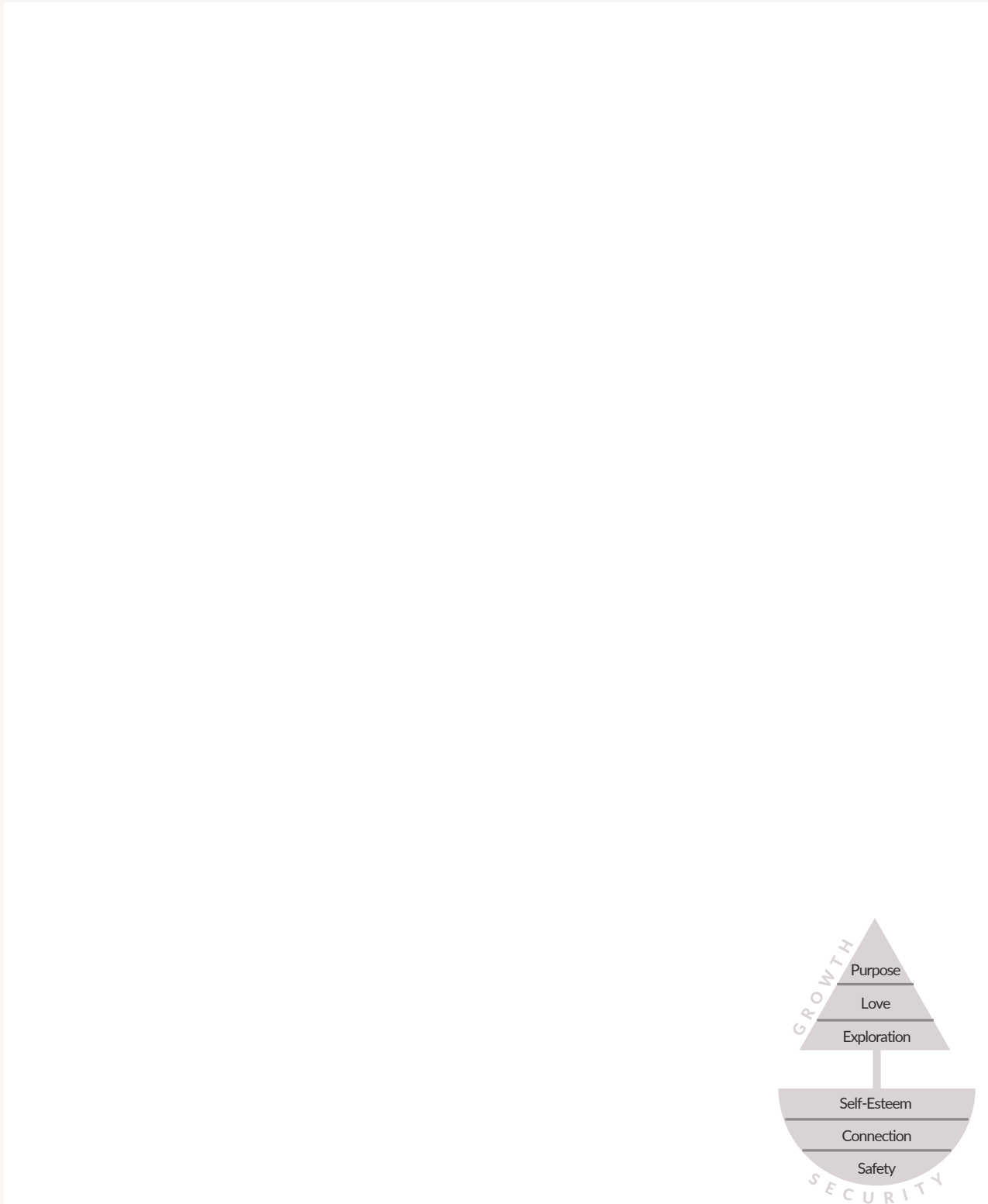


How much congruence would you say there is between your current self and your ideal self? (i.e. how much do they overlap?)



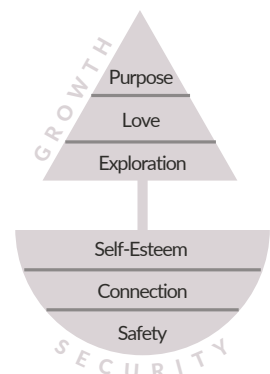
3) *Your needs*

Describe the state of your security needs: To what extent are they currently met? Are there any potholes that need fixing? If so, identify the necessary steps to do that.



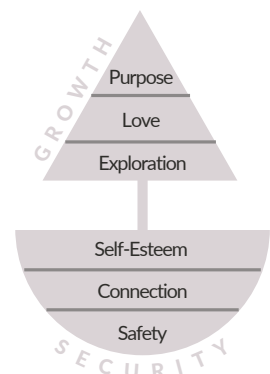
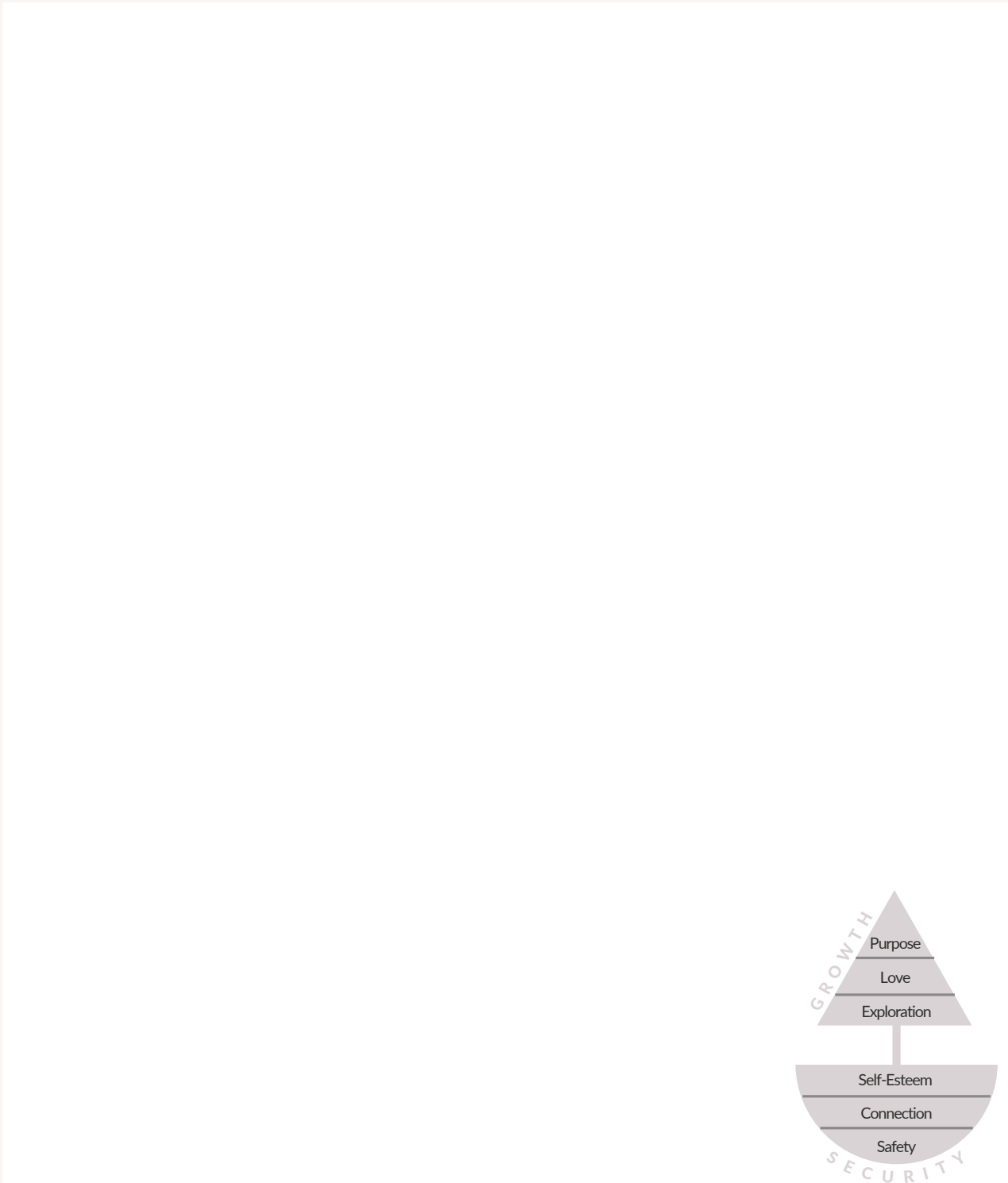
Describe the state of your growth needs: To what extent are they currently met? Can you think of anything that would help you develop them more? How open are you to exploring the unknown?

A large, empty white rectangular area intended for the user to write their response to the questions above.



4) *Finding a balance*

Describe whether you tend to address more of your security or growth needs: Are they balanced? What might you be able to do to create enough security while equally tending to your personal growth ?





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