

## Maslow CQ Entries

List the characteristics of Self-actualization that you feel apply to who you are at this time in your life.

- Write an entry in your CQ notebook that discusses the following concepts:
  - How do the characteristics you listed apply to your life, how do they work in your life?
  - In what way has CQ helped you to access these characteristics?
  - How could you apply any of these characteristics to your CQ experiences from now on?

List the characteristics of Self-actualization you feel are not yet part of your personality.

- Write an entry about which of these characteristics you would like to develop in yourself.
- How might you go about trying to employ these characteristics in your CQ project?