

Self-Actualization

Self-actualization is an ongoing process of working towards the maximum development of your abilities and talents. It is the persistence of trying to do your best and improve yourself and your life in general.

1. **Find contentment.** In a world that is so driven towards success we often forget to find contentment in the journey towards our goals. You can be just as happy with life while in school and preparing for your future career, or as a single person waiting for your significant other to come into your life. Start living now. Seize the day.
2. **Find balance.** Creating life balance can be challenging for many people, but for university students a lack of balance can become overwhelming if healthy living and wellness isn't factored in to the overall equation. Balancing coursework, roommates, co-curricular activities, finances, hobbies, personal relationships, etc. can be a difficult juggle, but finding your balance is imperative for your success.
3. **Assess what you value.** It is really difficult to create goals for yourself when you have not assessed your values. Do you value, family, career success, friends, hobbies? Keep these values in mind while you create your goals, as you will be the most happy and content when your goals align with your values.
4. **Create goals.** Creating goals can be helpful to realize how your hard work today is helping you get to your long term plan. If you are unsure of your long term plan visit a success coach in the Student Success Centre to start this conversation.
5. **Do what you love.** What do you love to do? How could you incorporate these loves into your everyday life, into your career, into your academics? If you are doing what you love, life will be more enjoyable and more fulfilling. The most successful and happy people are those in tune with the things that fulfill them.
6. **Avoid the arrival delusion.** Goals are wonderful to have, however you are never going to be perfect at any one thing. Life is about constant learning and growth. Allow yourself to be realistic with your expectations of yourself and of others. Aim towards your personal best, not perfection.
7. **Visit a success coach.** If you would like more information on this topic visit a success coach. To book an appointment, visit the student success office (2nd floor of south campus hall) or call 519-888-4567 ext. 84410.

Adapted from - Stein, S. J. & Book, H.E. (2006). *The EQ Edge: Emotional Intelligence and Your Success*.
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