



# Steppingstone #4

## Needs Fulfillment Questionnaire

Strongly disagree		0	1	2	3	4	5	6	7	8	9	10	Strongly agree	
ITEM												RATING		
<b>Self-Actualization</b>												<input type="text"/>		
I have achieved most things I want to achieve in life														
I feel that my life has purpose														
I am fulfilling my potential right now														
I have control over my life														
I decide how and when I work														
I feel free to express my ideas and opinions														
<b>Cognitive</b>												<input type="text"/>		
I indulge my curiosity regularly														
I regularly feel intellectually stimulated														
I know where I am going in life														
I understand the world around me														
I am constantly learning new things														
I have the knowledge and skills I need to deal with life events														
<b>Esteem</b>												<input type="text"/>		
I feel good about myself														
I have respect from people whose views matter to me														
I generally feel capable														
I am good at most things I attempt														
I get recognition for my achievements														
I regularly demonstrate my abilities to others														



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## Needs Fulfilment Questionnaire

Strongly disagree		0	1	2	3	4	5	6	7	8	9	10	Strongly agree	
ITEM												RATING		
<b>Love and Belongingness</b>												<input type="text"/>		
I have others I can turn to for help														
I feel supported in my work/ in my studies														
I feel loved by significant others														
I can trust people in my life not to harm me														
I get the support I need from others														
I feel connected to the people I care about														
<b>Safety</b>												<input type="text"/>		
I feel financially secure														
I have good job security														
My financial future is secure														
I feel safe from physical harm														
I feel safe from psychological harm														
My life is stable														
<b>Physiological</b>												<input type="text"/>		
I eat a healthy diet														
I frequently get enough high-quality sleep														
I achieve a good balance of exercise and rest														
I have plenty of energy														
I generally maintain good mental health														
I generally maintain good physical health														

