Self-Actualization, Autonomy, and Relationships.  Paper instructions: According to Maslow, human beings are hardwired to self actualize, yet he estimated that fewer than 1 percent of the population ever reaches self actualization. Self-actualization is at the top of Maslow’s pyramid of needs, and refers to someone who has met all underlying needs and is operating at a point where they have found their purpose in life. It is more than merely reaching extrinsic goals one sets for himself/herself, but often refers to operating at one’s highest level and discovering what one’s purpose in life is and fulfilling it. This often includes a spiritual component. Discussions are an opportunity for you to communicate your ideas clearly and effectively, interact and challenge your peers respectfully, and support your writing with examples and scholarly resources. Be sure to answer all questions and view the rubric to be sure you can earn maximum points. This activity addresses Module Outcomes 2, 3, & 4. Upon successful completion of this activity, you will be able to: MO2: Describe how concepts from Maslow’s theory can be combined with self determination theory to promote self actualization. (CO4) MO3: Apply motivational theory to personal life and career goals. (CO4) MO4: Identify an intervention for supporting need satisfaction. (CO3) This activity aligns with the career competencies of written communication and critical thinking. For your discussion posting this week, address the following: Discuss the following: 1. In your own opinion, what does self actualization mean to you? In other words, if you were operating at a completely self actualized level, what would it look like? 2. Thinking about Maslow’s hierarchy of needs and self actualization, in addition to self determination theory’s identified psychological needs of autonomy, competence, and relatedness, and their role in both motivation and psychological well being, discuss how the two theories interact with one another. 3. How might you use concepts from these two theories to promote happiness, well-being, and self actualization in your own life? Keep the following points in mind when working in the discussion forums: Postings should display originality in thought and insightful synthesis. Postings should demonstrate understanding of key concepts. Responses should be original and stimulate discussion. Remember to properly cite and reference your sources in APA format.