Childhood Daily Functional Self-Actualization Questionnaire
(Rosenblum, 2022)

Regarding your function as a child, please rate your feelings on a scale of 1 - false to 10- extremely true:

Rating on a scale of 1 to 10:	1	2	3	4	5	6	7	8	9	10
1. My mood was usually positive										
2. I had good interpersonal relationships with my friends										
3. I was well-liked by my peers										
4. I was a successful student at school										
5. I manifested my talents										
6. My abilities and my parents' expectations were correlated										
7. My abilities and teachers' expectations were correlated										
8. I had the appropriate support when I needed it										
9. It was possible for me to do things that I enjoyed										
10. I had a happy childhood										

Daily Functional Self-Actualization Questionnaire for Adults
(Rosenblum, 2022)

Please rate the items below on a scale of 1- not good at all to 10- very good.

	1	2	3	4	5	6	7	8	9	10
1. How would you rate you're feeling about your physical health?										
2. How well do you feel that your routine work or studies suits you and exhaust your skills?										
3. How satisfied are you with your ability to do what you **need to do** in daily life?										
4. How satisfied are you with your ability to do **what you want to do** in daily life?										
5. How would you rate your quality of life regularly?										
6. How often do you feel that you have control over your life?										
7. How often do you find yourself fulfilled in your daily life?										
8. What extent do you feel that the physical resources available to you in your environment allow you to achieve what you desire (for example, your residence, your home, your transportation, your distance from your workplace)?										
9. How much do you feel that the human resources available to you in your community (neighbours, spouse, children, parents) allow you to accomplish your goals?										
10. How would you rate your general mood regularly?										