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As we journey toward reaching our high potential, we come to discover that there are actually six distinct parts of our “self” which work together to contribute toward achieving autonomy. The tree selves which form the foundation for this process include the physical, emotional, and social. On the next level, one’s critical and creative selves work together; and finally the ultimate self, the passionate self, may be developed with the support of the other five.

Although all six selves are important and each is interrelated with the other five, each self is to some degree independent of the others. One may have some selves functioning at the highest “enhancement” level while other selves may be merely on the “maintenance” level and still other selves only on the lowest “survival” level. In the process of becoming an autonomous learner, it is useful to have a clear understanding of our strongest selves and those with further potential for growth.

This is where the Autonomous Learner’s Self Inventory should prove helpful. After you have completed the inventory, you will be able to chart your own “Profile of Self” to see which of your selves represent your greatest strengths and which show the most potential for growth.

Remember, the information you gather by completing this form is only for your own benefit. No one else will see the results unless you choose to share them. It is therefore important that you not complete this

instrument in such a way as to try to make it reflect your previous beliefs about yourself. Instead just read each item carefully and respond to it honestly. The information contained in the Autonomous Learner’s Self Inventory will only be as valuable as your responses are honest and candid.

Also remember that is not particularly useful to compare your results with those of others. We must each follow our own pace and our own path toward becoming an autonomous learner.

**DIRECTIONS:** Each item in the inventory consists of a row of three boxes with a line below on a continuum from one to five. Read the behavior described in each box and then circle 1 if the left box most closely describes your usual behavior, 3 if the center box most closely fits you, or 5 if the right box is the closest description to your normal behavior. Circle 2 if your behavior is halfway between the left and center boxes, or circle 4 if your behavior is between the center and right boxes.

After you have completed all 48 items on the next six pages, turn to the back page where you can calculate and chart your Autonomous Learner Self Profile. It will take time and concentration to complete the survey, but we think you will find it an interesting and rewarding experience in self discovery.

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