
Table of Contents

Reproducible pages are in italics.

About the Authors.....	vii
About Rachel's Challenge.....	ix
CHAPTER 1 Research and Theory.....	1
Hierarchy of Needs and Goals.....	2
Connection to Something Greater Than Self.....	4
Self-Actualization.....	5
Esteem Within a Community.....	6
Belonging.....	7
Safety.....	8
Physiology.....	8
Research and Theory in Practice.....	9
CHAPTER 2 Connection to Something Greater Than Self.....	11
Inspirational Ideals.....	11
Altruism.....	15
Empathy.....	17
Forgiveness.....	19
Gratitude.....	21
Mindfulness.....	23

Rachel's Challenge.....	25
Summary and Recommendations.....	28
CHAPTER 3 Self-Actualization.....	29
An Understanding of Self-Actualization	29
Mental Dispositions	35
The Growth Mindset.....	50
Possible Selves.....	52
Personal Goal Setting	54
Summary and Recommendations.....	61
CHAPTER 4 Esteem Within a Community.....	63
An Understanding of Esteem.....	63
Reflection	65
Competence	71
Significance.....	82
Recognition.....	89
Summary and Recommendations.....	93
CHAPTER 5 Belonging.....	95
Inclusion	95
Respect.....	102
Affection	109
Cooperation	112
Summary and Recommendations.....	115
CHAPTER 6 Safety.....	117
Actual Safety.....	117
Order	118
Fairness	125
Consistency.....	132
Summary and Recommendations.....	133
CHAPTER 7 Physiology	137
Hunger.....	137
Sleep.....	142
Physical Health.....	143

Mental Health	145
Homelessness	148
Summary and Recommendations.....	150
Epilogue.....	151
Appendix: Obtaining Feedback.....	153
<i>Awaken the Learner Snapshot Student Survey.....</i>	<i>158</i>
References and Resources.....	159
Index.....	169