Improving Self-awareness: a Road to Self-discovery

Section 1 1. Self-concept

Moods and feelings

Cheerful and Happy, I am always elating in most of situations and never get dispersed easily. This environment makes me joyful and, honestly, life is enjoyable only in these environments. I thank the God who gives me these states of emotions because not everyone has the feelings of joyful and happy. Even though sometimes an overwhelming schedule makes me angry, thinking about funny and memorable moments makes me fresh and helps me to think differently.

Physical condition

Healthy and Fit Good health is paramount and no doubt that’s why I used to stay fit and fine. I feel myself like Lionel Messi, because I am not very tall like him, but running while playing soccer makes me fit. Appreciations and prizes make me more motivated towards health that’s why I always give preference to health.

Social character

Friendly, Talkative and Supportive one of the great examples of being friendly is coming to Canada to study because I have no friends there but as I am talkative and supportive, I make lots of new friends who are from different cultures and nations. For me, it paves the way for development to know the different attitudes and how to behave, but sometimes being talkative making a bad situation for me, especially in the case while studying in the class and alone at home.

Talent and skills

Musical and Soccer Music is my first choice to enjoy free time, I also try to produce EDM music, but I have not much knowledge about mixing and mastering. So, that’s the talent that I want to obtain. Soccer freestyling is my passion. I am not a professional, but it’s my dream. I am the only one in my family to play soccer at the national level and try to improve myself every day. By doing these activities, I feel fresh and forget all the bad things. It puts a great influence on me.

A Belief that I strongly admire

Family belief in 1947, the partition between India and Pakistan, I came to know that millions of people leave their homes and came to India. The most shocking moment for me, when I heard that my grandparents also from Pakistan. Firstly, I was not taking this seriously but after when I opened Google Maps and searched the village of my grandparents. It was in Pakistan, that makes me Goosebumps. I strongly admire this belief, because there are a lot of references that I watch such as photos, history, an old-style speaking accent and many more.

The Stereotype that was inaccurate for me is gender, in some organizations, this is on increase. Though this trend is on increase, some companies change their recruiting procedure such as bona fida occupational qualifications. As you can see women empowerment rising because educated females are getting jobs for example almost 47 percent of U.S. workers are women.

Social roles

Student and friend, I am a 19 year's old college student and I have no siblings. so, for me, being a student is the most important role, with this, I can solely focus on my study because more responsibility makes more exacerbate. Moreover, A friend is also a very needful role. With this, I can share my happiness after with the family and also share my sadness and problems with them.

Another concept that I would like to add is the employee. The reason behind this is maturity. I want to serve my family and develop on my own that's why I am looking for a job.

2. Analysis

My self-concept is accurate for me and, people see me in the same way as well, because I spend most of my leisure time with my friends, so we are very familiar with each other. Furthermore, almost in all points of self-concept, they (my friends and others) view similarly. They always call me in the free time and we crack jokes on each other and discuss so many things, so, they know how my feelings are, but in one area, I feel that people have the wrong perception about me is health. They always tell me that you are becoming skinny day by day and honestly it extremely hurts. Sometimes, I neglect people's opinions, but over-thinking makes more notorious. I think the hectic schedule puts a great impact on my body. Nowadays, I don't have much time to eat and doing exercise due to college studies and other works. After the study, I will join the gym and stick on a healthy diet to transform. I know it takes time and a lot of hard work, but especially the mindset is paramount. The beginning will be easier for me to start this journey. After that, I will make it more difficult and heavier. I feel that our goodwill is self-awareness. "The more you open the more you better".

Section 2 Social identity

I feel that my social identity is an animal lover, as I have a strong emotional attachment toward animals. With this bonding, I joined animals welfare society in 2015 and since I am working as a volunteer. I think I have a better understanding of how they feel. My emotions were more generate when I watch the "HACHIKO" movie at the age of 12. I have two pet dogs and I treat them like a family member. I did a plethora of seminars, so this event what makes my social identity as an animal lover. Loving and caring for animals puts a great impact on me. I won many prizes in this field as a caretaker. It shapes my career, as I earned so much respect, blessing and fame. My family knows me how much I love animals and I mostly spend my time with them.

Section 3 Johari Window

Johari window helps to improve self-awareness and increase the relationship between a group

of people and individuals. There are four parts….

OPEN AREA

List of things about that I and people know….

FUTURE PLAN (AMBITIONS)

EMOTIONS

WITTY

Individuals who realize me are notable about my feelings and how I am aspiring. They know about my clever state of mind because in recreation time we ridicule one another. The motivation to make these zones open, because open is better comprehend.

Methods to increase awareness….

KNOW THE STRENGTHS AND WEAKNESSES

SET BOUNDARIES

MOTIVATE ME

I always use these methods to enhance self-awareness, since it becomes a necessity. Knowing the strengths and weaknesses helps to set the boundaries, and motivation is paramount in today’s era. These ways are very helpful to enhanced leadership capabilities, enriched emotional intelligence, and improved critical-thinking skills

HIDDEN AREA

Things that anyone does not know about me….

FEAR AND ANXIETY

EASY EMOTIONAL

GROWTH HORMONE DEFICIENCY (GHD)

The reason to keep this information hidden from the public is an insult and deleterious impact on my goodwill. It will be mental torture for me if these hidden areas show to the public. Sometimes, I get emotional very easily like while watching a movie or sometimes from an old person who is begging. I feel uncontrol in these situations and sometimes these situations become fear and anxieties for me because I don’t want to show these publicly. There is one area (growth hormone deficiency) that assists to enhance the relationship by moving into an open area. The reason behind this is it will increase the bonding of caring.

BLIND AREA

Things that people knew about me, but I don’t know ….

GETTING SKINNY

LESS SOCIABLE

CREATIVE

How I know these blind spots and what I realize?

One day, I was sitting with my friends. We met after a long time due to the busy schedule. They helping me to realize my blind spots. Firstly, I was not taking these seriously, but after coming home, thinking (deep thinking) about these areas makes me stress. On the other hand, in the case of creativity, I realized that I have a talent that I never wondered. This event makes me so happy.

For me, this information is paramount as it relates to my health. I know that it was impossible to notice on my own. I thankful to my friends to figure out these issues and help to realize that there is hiding talent in me, which is valuable for me.

UNDISCOVERED SELF

After so much discussion and putting thoughts in mind…

With friends, we discover and discuss a myriad number of things about myself. It was an effective conversation to find out the new blind spots. Even though it takes time, self-awareness increases. The reason why choosing to contact with friends instead of the others because they are familiar, open-minded, honest, clever and trusty-worthy. It was a unique and comfortable experience. In some point of views, we saw a difficulty like different perception, but debating makes easier for us for decision-making. Firstly, we thought that it will be going to be difficult, but once we start, it became more interesting and informative as it increases self-awareness. As a result of this discussion, we found some new insights about myself.

Self-assertiveness

One of the new unknown areas that I found about myself, while the conversation is self-assertiveness. The way of talking confidently and far away from aggressive people makes it clear, but judging by own is just like “a judging a book by its cover”. While talking, they observed the symptoms of self-assertiveness.

Calmness

I don’t know but in the discussion. One new insight introducing for myself, which was calm. They feel that I am taking important things very seriously and not over-think about something.

There is no doubt that it was a valuable and knowledgeable discussion, therefore, it enhances my self-awareness. Also, I am happy to know that in other areas people have similar feelings toward me and in an unknown area, there are only two blind spots that we discovered in

conversation.

Section 4 Profile of self

My name is Lovepreet Singh, 19 years an old college student. I am a cheerful and happy person. It feels so nice whenever I make someone laugh. Happiness is my life, even hurdles are crumbling. I am not very tall, but truly fit. Talkative, supportive and friendly are my tendencies, and these qualities assist me to make a better person. I fond of making and listening to music. Soccer is my passion. I can't live without it. People know about emotions, ambitions and many things which I share publicly, but I don't like to share the areas of weakness, fears, and disease, because I think this event will make a mess in my quality life. New insights (Self-assertiveness and calmness) build a different character and confidence, as this information new for myself. Over time, this information helps to develop an accurate perception of myself and someone by his or her schema, socializing forces, self-fulfilling prophecies, and negative patterns of thinking that can distort our ability to describe and evaluate ourselves.

Section 5 Organizational effectiveness

Self-discovery is not just solely for relationship and therapeutic, but also assists in decision-making and contribute overall wellbeing. It shows the crystal-clear image (internally and externally). Johari window helps me to figure out the characteristics such as strength and weakness, fear and anxiety. Also, the unknown area in which I found my new insights through discussion will help to know my nature. It is paramount because it shows the behavior and puts a great impact as a worker. In the organization, it will be beneficial for me and an organization, if I know my weaknesses. On an interpersonal level, self-awareness of your strengths and weaknesses can net you the trust of others and increase your credibility, therefore, it will enhance my leadership quality and motivates others by a clear character. It influences others as well because, with this environment, they want to know their fears and anxieties as this enhances leadership qualities. last but not the least, organizational effectiveness will be effective, the workers know their values and characteristics.

Reference

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