

Journey of Personal Development (Part 1) - Know Yourself

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Who are you? What are you?

- What is the difference between “Who you are” and “What you are”?
- The former refers to your self-definition; the latter refers to your descriptive category
- How you answer these two questions shape how you live and how you relate to others
- How would you describe yourself in a few words?
- In what ways does your self-concept affect how you live and how you relate to others?

Why is self-knowledge emphasized in both Eastern and Western cultures?

- Our self-concept affects how we live and how we relate to others
- The problem with poor self-esteem
- The problem with high self-esteem
- The problem with overall self-evaluation
- The problem with an externally imposed self-concept
- Without self-knowledge, it is difficult to make positive change

The negative consequences of not knowing your real self:

- Choosing the wrong career or wrong mate
- Acting inappropriately and encountering unnecessary frustration.
- Wandering in the wilderness, feeling lost
- Going through life without living your own life
- Feeling uncomfortable in your own skin
- Experiencing mental health and relational problems

The positive consequences of knowing your real self:

- Assuming personal responsibility for your life
- Discovering your true or authentic self
- Creating your unique path and future
- Finding your passion and your mission
- Living a life of purpose, productivity, & happiness

Self-acceptance is a pre-condition for positive change

- Acceptance enables one to have an honest & realistic self-assessment
- Accept the urgent need for change in certain areas of life
- Accept one’s inner pain as a warning sign for the need to change
- Acceptance of the paradoxical nature of human existence enables one to manage better

Self-acceptance is a pre-condition for a healthy self-concept

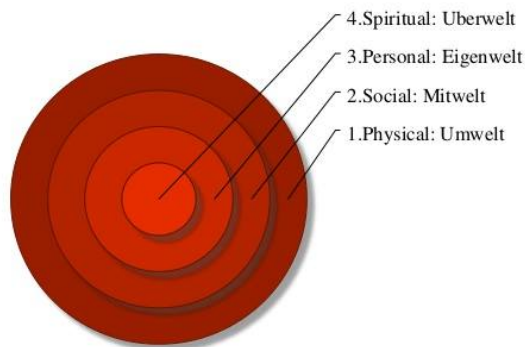
- Accept one's inherent value and worth as a human being
- Accept one's capability to make positive changes and grow
- Accept one's capability to choose and pursue what really matters
- Accept one's capability to make a unique contribution
- Accept one's spiritual nature and capability to live a virtuous and ethical life

The *How* of Finding Yourself

Exploring the four worlds you inhabit:

- (1) **Your spiritual world** – your religiosity/spirituality, ultimate concerns & core moral values
- (2) **Your personal world** – your present & past, your strengths & weaknesses, your emotions & thoughts
- (3) **Your social world** – your family, friends, associations, & cultural context
- (4) **Your physical world** – your physical characteristics and the natural and concrete surroundings

Four dimensions of life.



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How to develop a positive self-concept

- Belief in one's inherent value and worth
- Belief in one's capacity for growth
- Making constant self-improvement
- Embracing both strengths and weaknesses
- Exercising one's freedom and responsibility to pursue what really matters
- Engaging in relationships that matter

How to identify hindrances to self-knowledge:

- Defensive mechanisms
- Blind spot
- Pride & inflated ego
- Lack of self-confidence
- Lack of self-reflection
- Lack of self-acceptance
- Escape from the past

Your real self is an evolving system of meaning related to:-

- Your unique talents, dark side, and temperament
- Your unique root from your family, race, and culture
- Your unique calling based on your core values, beliefs, and worldviews
- Your physical strengths and limitations
- Your inner voice without the external noises
- Different dimensions of you in different stages of development

Tools to know yourself:

- Self-reflection and self-evaluation
- Mindful meditation
- Keep a journal & write out your life story
- Ask people who know you best to tell you about yourself

What constitutes a healthy self-concept?

- A realistic and honest assessment of different aspects or dimensions of self
- Accepting and embracing yourself as you are – both your potential and limitations
- The capacity to take responsibility for your choices and actions
- The capacity to love and take care of yourself with self-compassion
- The capacity to change and develop your best self
- The capacity to pursue what really matters to you
- A flexible and holistic self-concept that is functional and adaptive
- Based more on experience and understanding than emotions

Take Home Message

- Knowing yourself is the best investment you will ever make
- Your biggest challenge is to discover your gift and give it away
- Start doing one thing that is consistent with your most cherished value

Lesson 1: Self-Discovery**© Paul T. P. Wong****Open-Ended Questions for Reflection and Group Discussion**

1. How would you answer the question: "Who am I?"

2. How would you answer the question: "What kind of person do I want to become?"

3. What was your worst or most painful memory from childhood?

4. What was your best or happiest memory from childhood?

5. If money were not an issue, what would you want to do with your life?

6. Is there anything that you have always felt excited and passionate about pursuing?

7. What would be the mission statement or motto for your life?

8. What are you going to work on over the next few days to help you feel more comfortable being yourself?