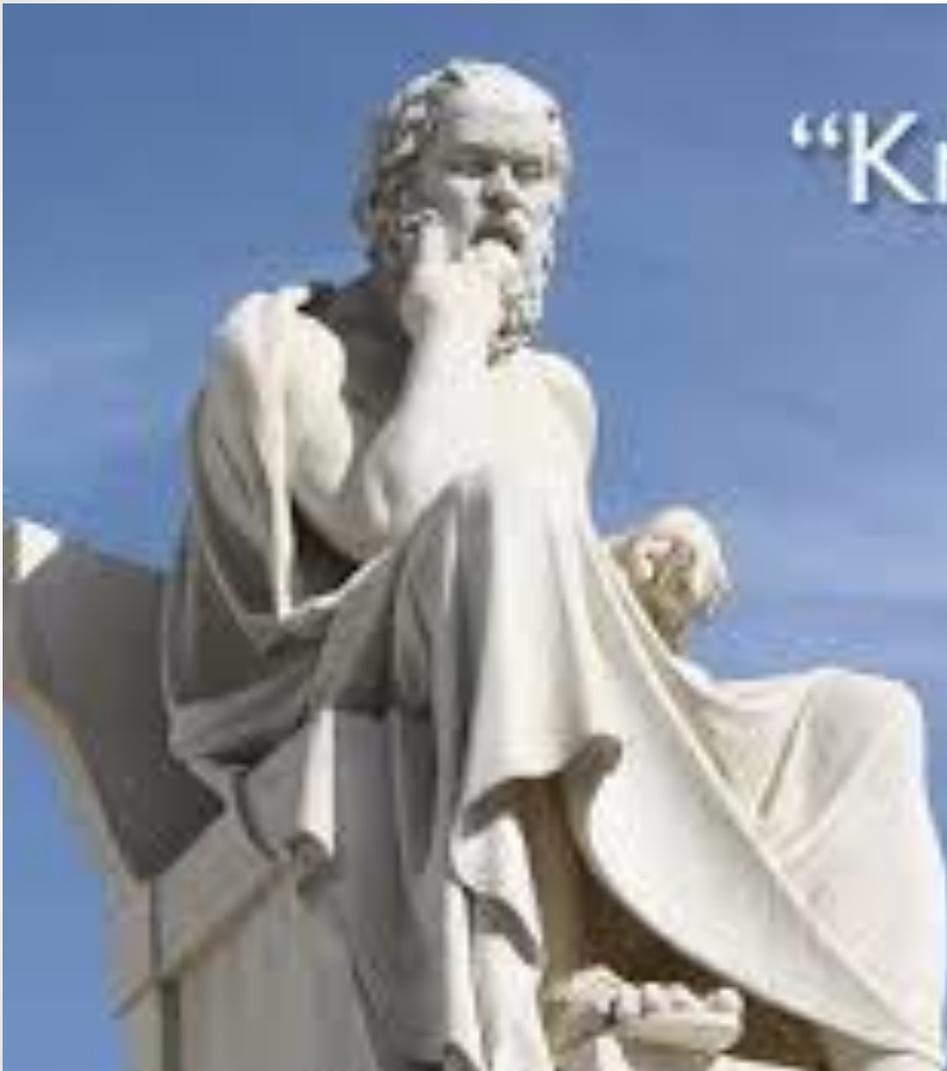


# **Journey of Personal Development**

*Part 1: Self discovery,  
Healing and growth*

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A white marble statue of the philosopher Socrates, depicted with a full beard and hair, wearing a draped robe. He is shown in a contemplative pose, with his right hand raised to his chin. The statue is set against a clear blue sky.

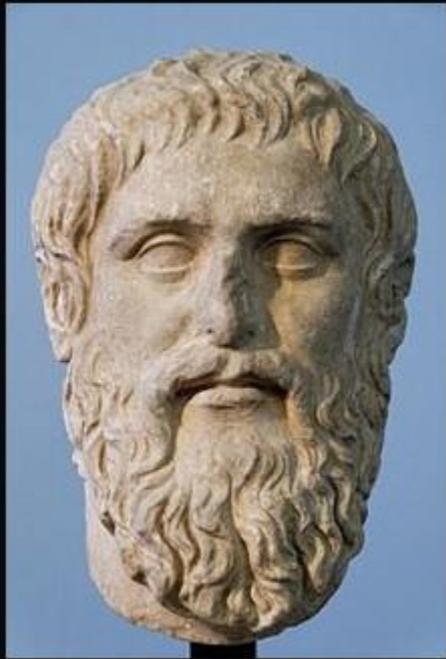
“Know thyself.”

- Socrates

# Temple of Apollo



# To know thyself is the biggest challenge



The first and greatest victory is to conquer  
yourself; to be conquered by yourself is of all  
things most shameful and vile.

(Plato)

# Introduction

- A **person-centered approach** to living the good life vs. a performance-based approach.
- To know **who** you are, **what** you really want, and then go after it with zest is the way to live a happy and meaningful life.
- An **authentic happy life** is one of continued improvement and growth towards fulfilling your true nature.

# Being vs Possession

Happiness is the  
meaning and the  
purpose of life, the  
whole aim and end of  
human existence.



**Aristotle**

*Greek philosopher and polymath*

*(384 BC - 322 BC)*

*QuoteHD.com*

# The Need for Self Discovery

“**Knowing  
yourself is  
the beginning  
of all wisdom.**”

Aristotle

Knowing others is intelligence;  
knowing yourself is true wisdom.

Mastering others is strength,  
mastering yourself is true power.

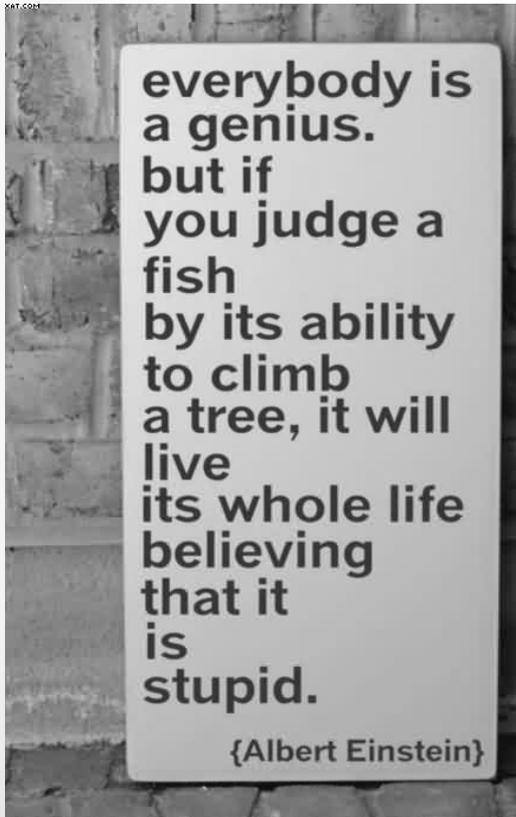
Lao Tzu

Trying to find your way

# **Three Main Reasons for Starting the Journey of Self-Discovery**

1. Your life is your only journey – better know where you're going.
2. To know and master yourself is to prevent you from hurting yourself.
3. You can't actualize yourself without knowing your true self.

# The Negative Consequences of Not Knowing Your True Self



- Being stuck or trapped in frustration
- Wandering in the wilderness, feeling lost
- Going through life without living your own life
- Experiencing mental health problems

# The **Positive Consequences** of Knowing Your True Self

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

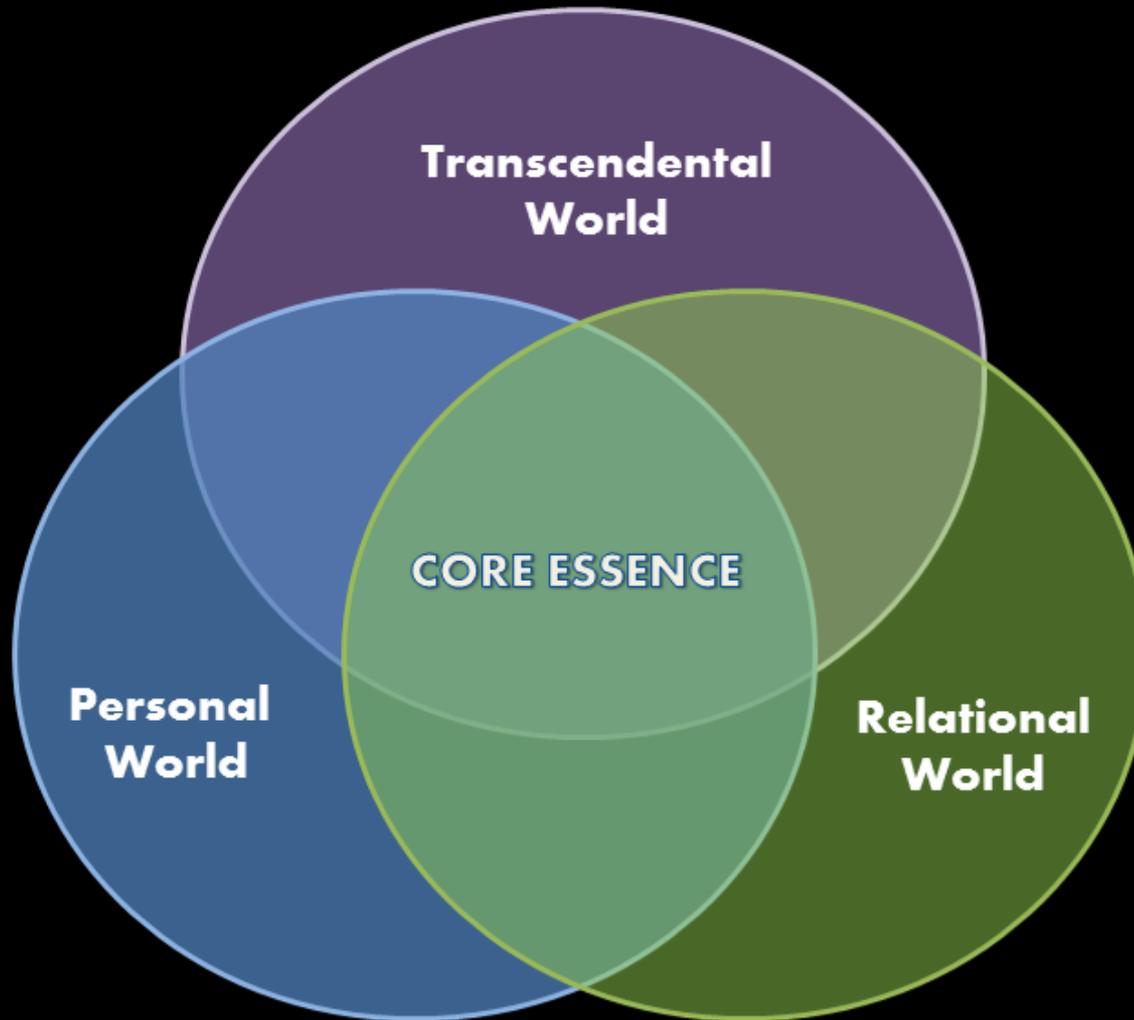
# The *How* of Finding Yourself



# Exploring Three Overlapping Personal Worlds

- **Your Personal World** – your present & past, your strengths & weaknesses
- **Your Relational World** – your family, friends, associations, & cultural context
- **Your Transcendental World** – your religiosity/spirituality, ultimate concerns, and higher consciousness.

# Three Worlds of Being



# Your True Self is Your **Core Essence**

- Your unique talents, dark side, & temperament
- Your unique roots from your family, race, & culture
- Your unique calling based on your core values, beliefs, and worldviews
- The complete you involves all of the above

# Tools to Know Yourself

- Self-reflection and self-evaluation
- Mindful meditation
- Write your journal & life story
- Ask people who know you best

# Hindrances to Knowing Yourself

- Defense mechanisms
- Wearing different masks
- Self-deception
- Being ashamed of our true identity
- Burden from the past



# Take Home Message

- ❖ Knowing yourself is the best investment you will ever make
- ❖ Your biggest challenge is to discover your gift and know how to give it away
- ❖ Do something each day to increase your self-knowledge & move you closer to fulfilling your dreams