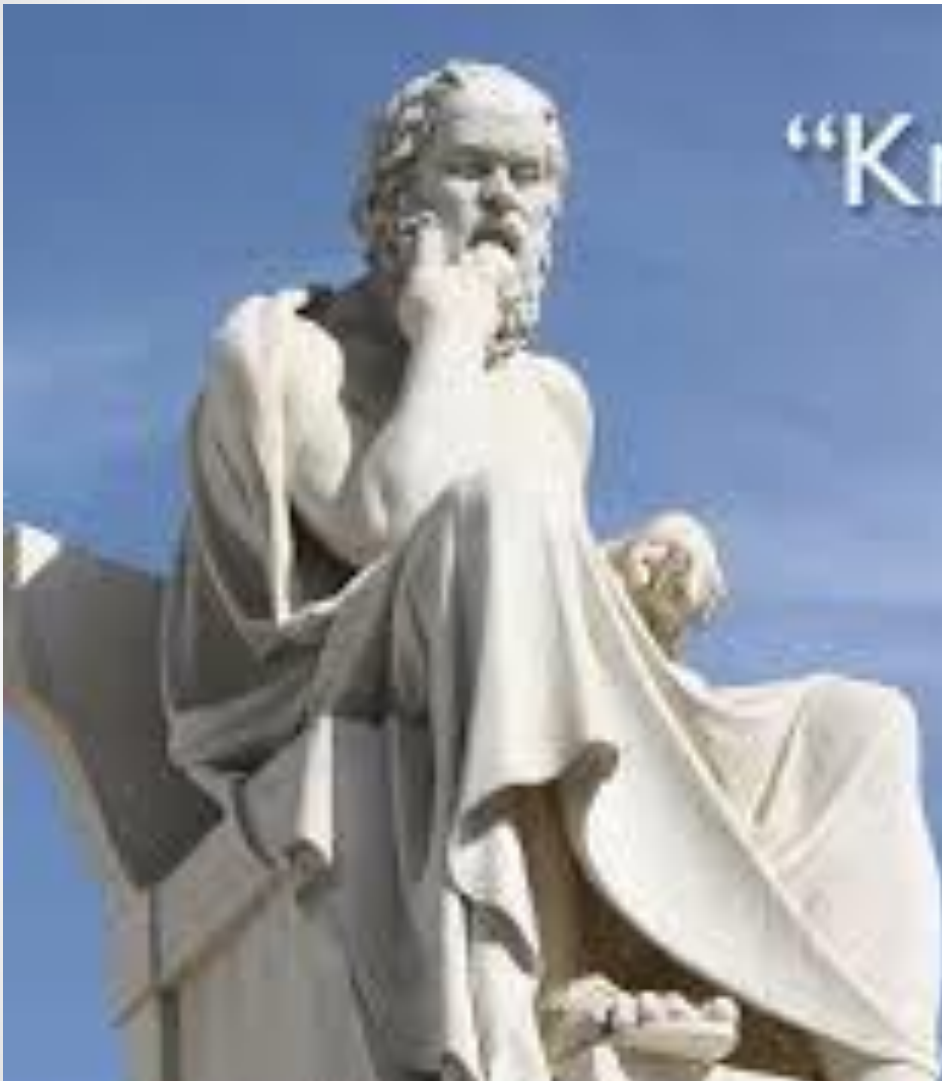


Journey of Personal Development

*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.

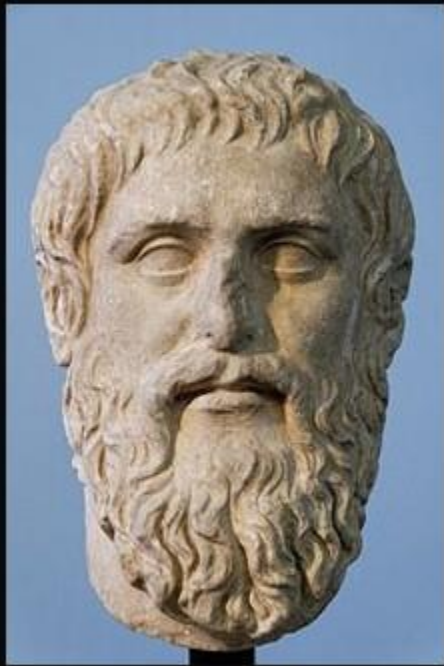
“Know thyself.”

- 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

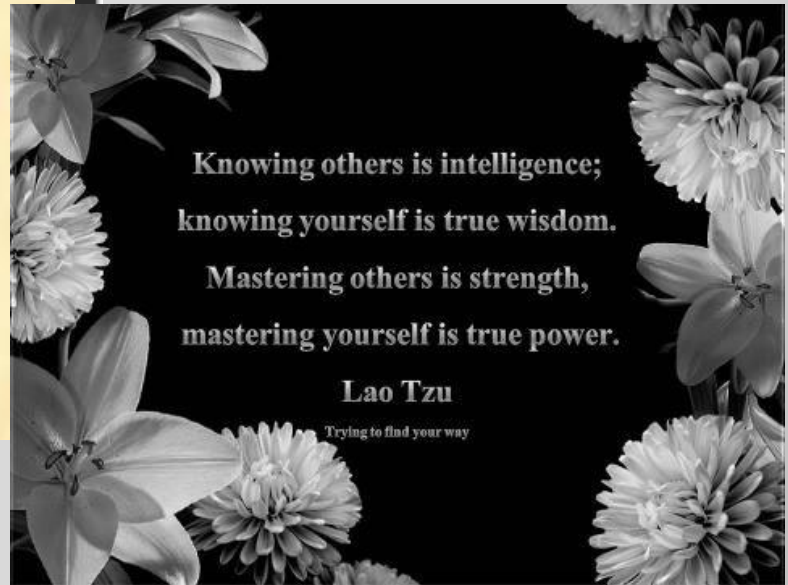


Knowing others is intelligence;
knowing yourself is true wisdom.

Mastering others is strength,
mastering yourself is true power.

Lao Tzu

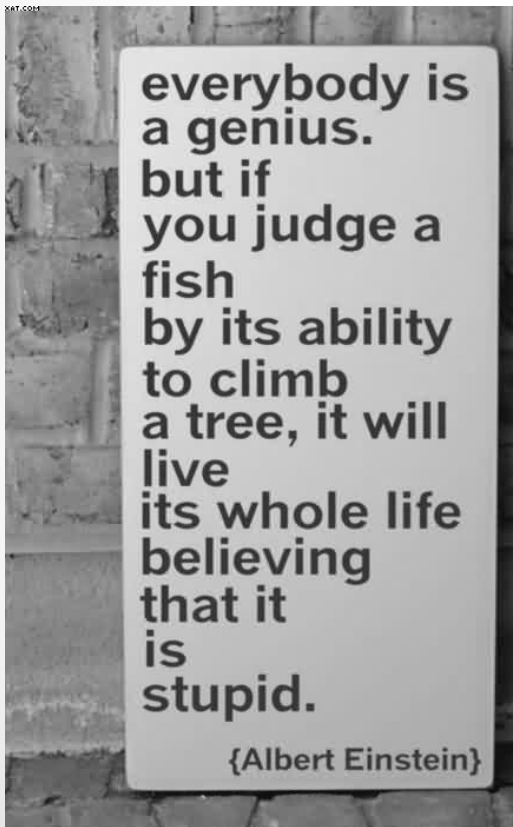
Trying to find your way



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

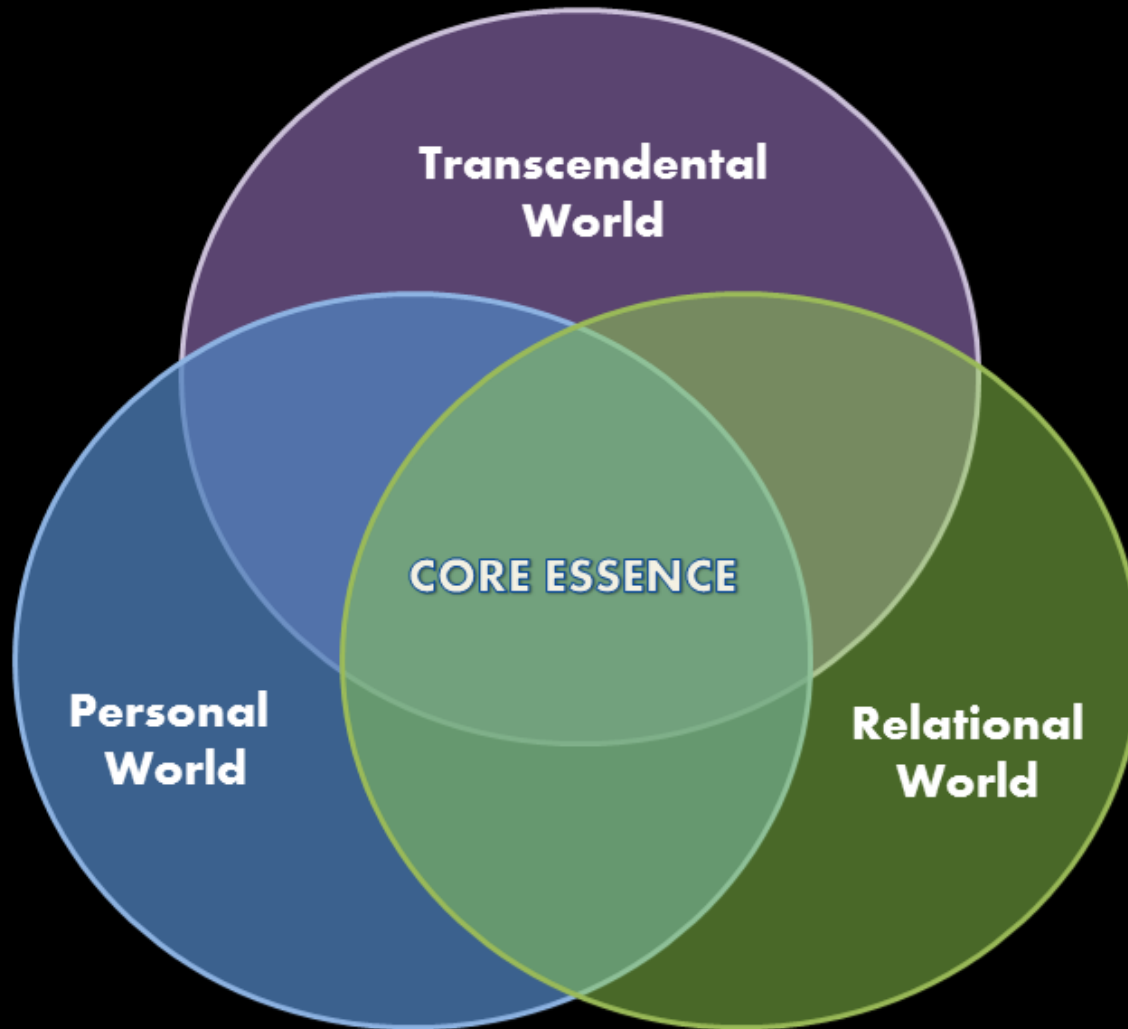
The *How* of Finding Yourself



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