

Who am I?

In this present world, no one has time, all are busy in their social and professional life. But have you ever stopped for a moment to question yourself- “Who am I?” or “What do I want?”. Not really! Of Course, no one is completely aware of who they are or what they want. Take a moment to know yourself, to know who you are truly and what you want.

When you are not aware of your own inner self, you will never be able to take a firm and assertive decision in your life. What happens in these cases is that others tend to control your life. This happens when you are not aware of your own strengths and weakness and others take advantage of this.

Self-analysis is important to oneself. It is important to know who you are rather than knowing what others think you are. Knowing oneself is the greatest weapon one can have. But self-analysis is not so easy. It is human’s tendency to become a little lenient when you are evaluating oneself.

Knowing yourself doesn’t mean finding out which colour I like, whether I like spicy food, ... It is knowing about oneself much deeper. It is about discovering who are we really?

One can define the purpose of their life only when they are completely aware of themselves. It is essential to know the following to “know yourself”- your values, strengths, weakness, likes, dislikes, tolerance levels, confidence level, passions, fears, what are your desires, what motivates you, what irritates you, what affects your mood, what are our capabilities, what inspires you...

When you are aware of yourself, you can handle the situations very well, by making better decisions. It gives a feeling of fulfilment in one’s life. Knowing oneself is required to know what we want, and it is also essential for our well-being and happiness.

When you are doing your self-analysis make sure you will never compare yourself with others, be honest and accept yourself. Love yourself for what you are. Everyone is unique in their own ways. When you do your SWOT Analysis, never get disappointed by looking at your weakness. Feel proud that you were able to find what is your weakness, which is not an easy task.

This self-analysis helps one to continuously improve and develop himself or herself. This is possible only when you have a positive attitude to accept who you are after the self-analysis.

Never see your weakness as a barrier or constraint in your life. Exploit your weakness, improve yourself. Ultimately turn your weakness to your strength. Of course, this journey isn't easy but until and unless you clearly know what your strengths or weakness are, you can never succeed or take the right decision.

Always have a positive attitude, confidence, continuously review yourself. By doing so, one can be very sure of what he or she wants in their life and moreover, they tend to take the right decision after doing a deep analysis.

When one understands who they are clearly, it helps them to interact with others more efficiently, especially when one is working in teams. This also helps to establish a better rapport with the workmates in an organization.

Self-analysis and self-improvement will always lead you to the right path and it helps you in your career in the long run. This small initiative of self-analysis in your life will surely transform your life and helps you become a better person. This a continuous analysis, improvement and development process.

When you are aware of yourself completely, you can clearly define what you want, and you don't want?

Just be yourself, correct yourself if you are wrong. But never try to copy other's personality. Be proud of what you are. Be confident of what you are. Stop giving more attention to the external, rather start focusing on yourself. This will be very beneficial to you in the long run.

“Know yourself, love yourself, accept yourself and just focus on yourself!”

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