

“SELF”

The study of a conscious understanding of identity, personality, character, and purpose. The most complicated discovery is defining how **you** think, feel, react, value, understand and interpret yourself. It's hard to see the picture from inside the frame.

So WHO is... what is... Me myself and I? –

EGO – self perception of value and importance. “His ego is fragile”, meaning that it is easily swayed.

“I think, therefore, I am” meaning: if I am capable of a thought process, I must exist... I must matter.

Self absorbed – preoccupied with one's own feelings, interests, or situation.

Self deprecating – modest about or critical of oneself, especially humorously so.

Self esteem – confidence in one's own worth or abilities

Self respect – pride and confidence in oneself;

a feeling that one is behaving with honor and dignity

Self centered – see “self absorbed”

Self serving – having concern for one's own welfare and interests
before those of others.

Self indulgent – tending to do exactly what one wants,
especially when this involves pleasure

Self aware – having conscious knowledge of one's own abilities, limitations,
character and feelings / strengths and weaknesses

Self discovery – the process of acquiring insight into one's own character.

Self renewal – to rebuild, reconstruct, make better

How to learn about yourself –

1. Ask (ask leaders before asking your peers)
2. Listen when you're told
3. Take inventory, do assessments, study personality types

How to die to yourself –

1. You don't know what you don't know... so learn specifics
2. Confess, admit when you find something wrong with yourself
3. Go out of your way to do the opposite of what comes naturally.
4. Be deliberate, on purpose, every day