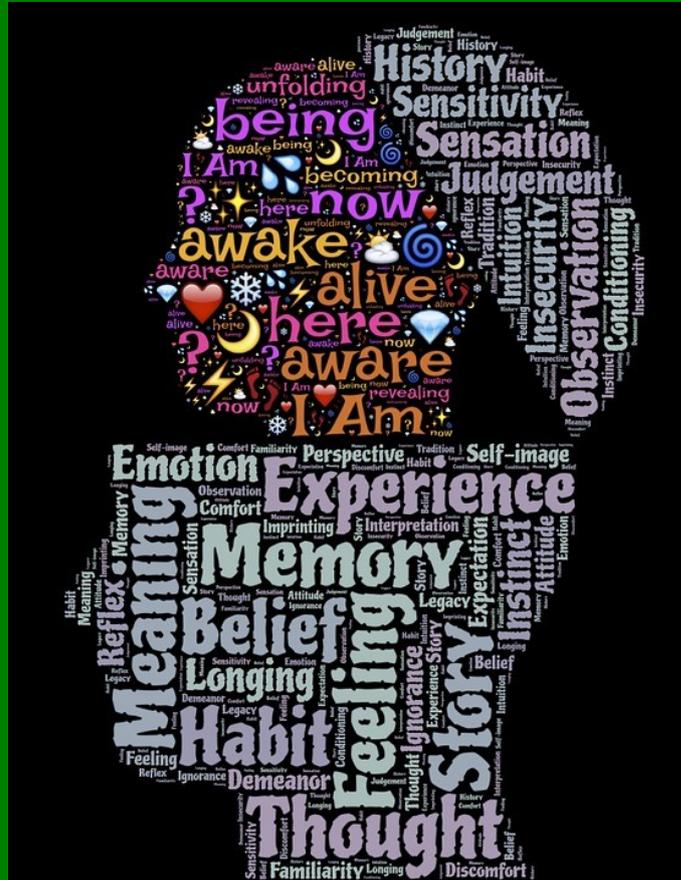


THE ART OF SELF DISCOVERY



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Self Discovery: An Introduction

Self discovery is the process of acquiring insights into one's own character. Self analysis is the path that leads to 'Self Discovery.' For self analysis, one needs to be extremely disciplined. Self-discipline leads us to self reflection. When we form the habit of self reflection – reflecting on our own thoughts, words and actions on daily basis- we automatically develop the habit of self analysis. Self-analysis is nothing but the realistic estimation of one's self worth. Such regular personal reflection sessions and associated self analyses accompanied by corrective measures taken by us to improve the areas where we are lacking, lead us to self-development. Self analysis guides a person to explore those areas of his/her life where self control is lacking. Backed by self analysis, a person can put in conscious effort to develop self control over those life areas where attention is required.

Synonyms of self-discovery are self sufficiency, self-actualization, self-esteem, self-exploration, self satisfaction, self-fulfillment, self-realization, introspection, self-contemplation, self-examination, self-observation, self-questioning, self-reflection, self-scrutiny, self-searching, and soul-searching.

How to Do Self Analysis?

Major steps involved in a successful self analysis session are as follows:

1. Choose a peaceful quiet space
2. Sit in a relaxed position
3. Relax body and put mind in a reflective/meditative mood
4. Analyze the strengths (positive forces) and weaknesses (negative forces) of the Self
5. Note down both positive and negative behaviors on a journal
6. Acknowledge negative forces (negative energies or negative behaviors) of the Self. You cannot change what you do not acknowledge.
7. Decide to change these negative behaviors into a more acceptable behavior.
8. Focus on the negative behaviors one by one and determine to change them
9. Plan a time frame to make the changes happen
10. Get real and sincere with self-analysis by taking as much time as the process requires
11. Keep a regular tab on the improvement of the Self

FOR FURTHER INFO...

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