



Weekly Message

One minute self - introduction

Suppose you have a rare opportunity of only one minute to address a set of very important people who you are meeting for the very first time, how would you introduce yourself? The answer lies in self discovery, an adventure every one should undertake.

Preparing for the journey of life should start with self discovery. Who am I? The answer is not your name. Your name is your means of identification. Although, in few instances, it reflects who you are, mostly it does not. That explains why some people later rename themselves.

The apt description of a person or thing or place or event is a statement that reflects its nature, purpose and potential. Purpose is the reason of one's existence and one's nature and potentials are a strong indication of what that purpose is. So how can an individual know his/her true nature and potentials? DISCOVERY, DISCOVERY, DISCOVERY.

Self Discovery is the process which leads

Self Discovery is the process which leads to a productive insight and understanding of one's UNIQUE nature, potentials and eventually purpose. This happens through various channels : let's discuss four. Observation, Feedback, Volunteering and Learning.

To observe means to watch attentively, or to pay attention to. This is about what I call self-care. Success starts from within, the more you pay attention to your self, the higher your chances at and of success. Self care is not selfishness, but the lack of it. This is because it actually determines not just your personal success but also your ability to create value for any and every one else. So what should you pay attention to in order to discover yourself?

- what do you 'unconsciously' do all the time?
- What do you do so well, people commend you even without asking for their opinion?
- What do you do with very little difficulty?
- What do you enjoy doing all the time?

The answers to these and similar questions are a pointer to what your potentials : talents and natural tendencies are.



Not only does self observation reveal our nature, 'close watchers' :our parents, siblings, friends and colleagues also notice the recurring patterns in our lives. Their feedback which is often very objective tend to confirm or disprove our assessment of our selves. The strongest tool of self discovery is where your personal observation aligns with both solicited and unsolicited feedback. I must quickly add though that it is important to make sure that the source of the feedback is credible and preferably multiple... by two or three witnesses every word is confirmed.

Another veritable source of self discovery is volunteering. Notice , it is volunteering i.e. willing, unpaid working rather than seeking compensation which may distort our view. When you work without expecting any reward at your own volition, you tend to focus on putting in your best and enjoy the task rather than measuring rewards. This way you get a first hand evidence and feedback of what you are capable of : your potentials and talents. In most volunteer jobs or internships, the focus is on learning. The first lessons usually are a revelation of your self, interests, dispositions, and the situations that trigger you to function optimally. Internships are not only for students or young people. If you are considering a change or making a significant transition, an internship is a great preparation tool. It would definitely be easier to get one than a paid job , every employer would appreciate free help as long as you are helpful.

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In summary, self discovery is a process of adventure set in motion by a responsible individual who is hungry for success. Self discovery is progressive. In my opinion, the evidence of a successful self discovery is the ability to introduce oneself in a clear, and concise way in the shortest time possible by articulating your nature, potentials and purpose ; an introduction not centered on your position, achievement and family background.

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