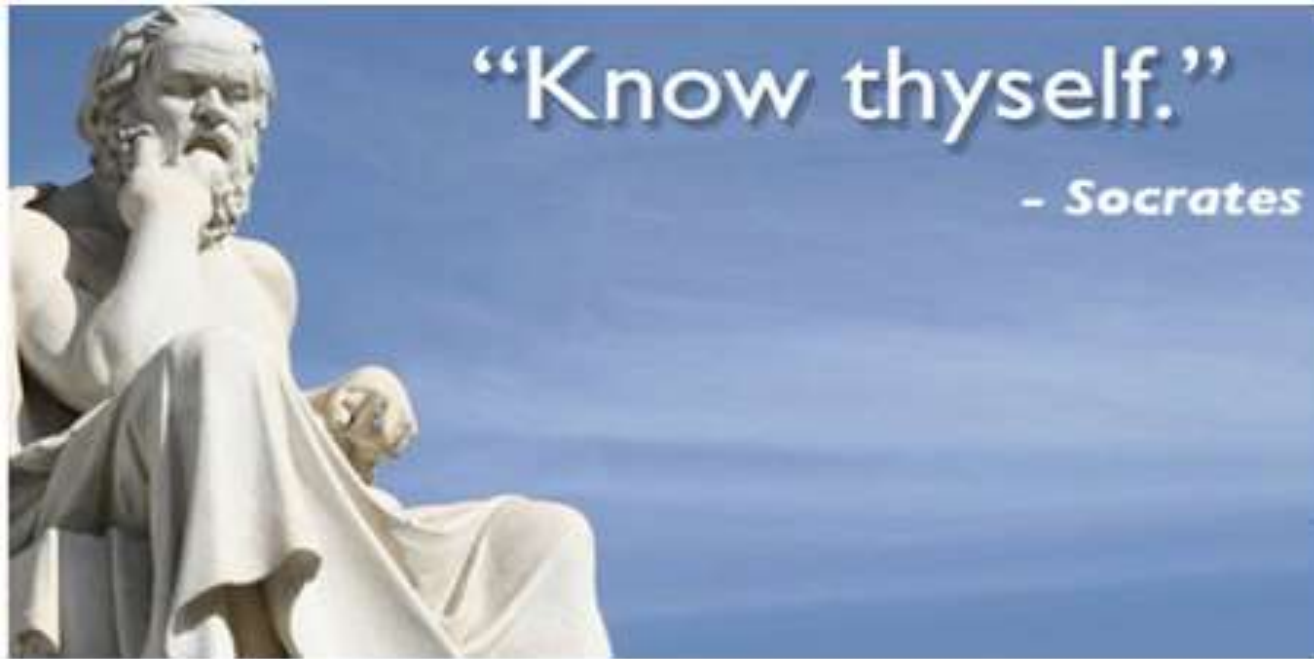




Know thyself/ Self discovery

- Know Thyself is a term coined by the great Greek Philosopher Socrates meaning Know Yourself.
- By knowing yourself it is possible to know your strengths, weaknesses, fears and so on.
- Knowing yourself Is a lifelong process. You need to remove all the multiple personalities that you put on from different people at different times. You need to get rid of your false images and false assumptions.²

Importance of Knowing Yourself:

By knowing oneself it is possible to:

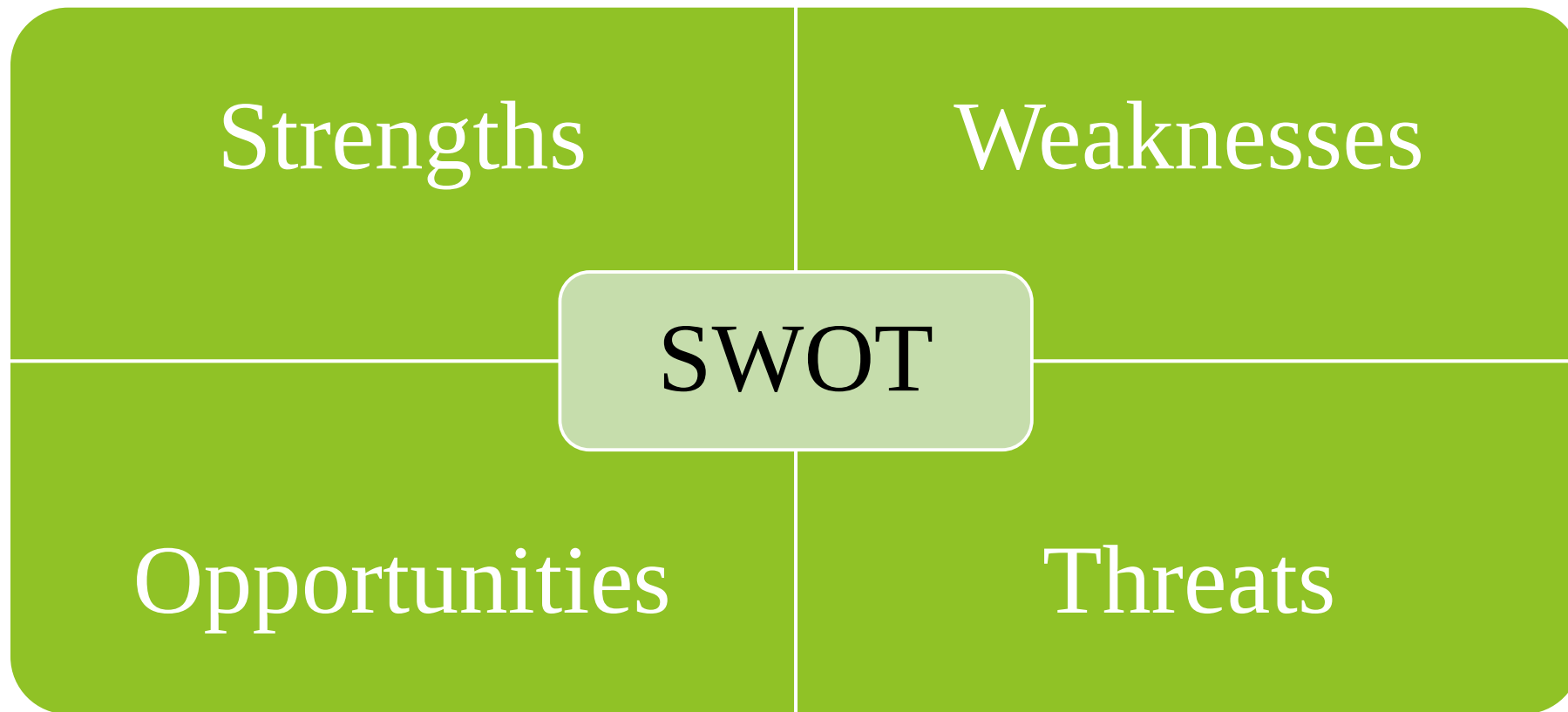
- ▶ Control Emotions
- ▶ Reach your goal
- ▶ Take better decisions
- ▶ Improve relationship
- ▶ Realize and improve your full potential
- ▶ Experience happiness and joy
- ▶ Lead your life in a better way
- ▶ Improve personality
- ▶ Become more competent and acceptable by others
- ▶ Change your attitudes and improve your values.

Process of Knowing Yourself:

To know oneself, the following steps may be followed. The given steps are in general and can be modified to our convenience and usefulness:

- ▶ Maintain personal diary
- ▶ Practice meditation
- ▶ Practice yoga
- ▶ Exercise regularly
- ▶ Go for walk regularly
- ▶ Going out for sight-seeing
- ▶ Develop some hobbies like painting, music, gardening
- ▶ Develop new interests

SWOT analysis:



- It is a framework for analyzing strengths, weaknesses, opportunities, and threats.

Examples:

1. **Strengths:** Hardworking, studious, attending the classes regularly maybe your strengths to get the good score in the examination.
2. **Weaknesses:** Not attending the classes regularly, not studious, less writing, less concentration, poor communication maybe your weaknesses leading to get less marks in the examination.
3. **Opportunities:** Having good score 95% or more enables to get at a BE seat in reputed engineering college or to get a job or to become an entrepreneur.
4. **Threats:** Competition, limited vacancies, failure in the examination may lead to loss of a year.

Benefits of SWOT analysis:

- ▶ It is scalable
- ▶ It is simple
- ▶ Concepts and process can be grasped easily
- ▶ It can be practiced at individual level and at MNC level
- ▶ It is less expensive
- ▶ It represents the real world.