A fox sitting in a field

Description automatically generated

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**FOX**

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**ACTIVITY 1**

**IDENTITY CUBE**

**POINT OF VIEW**

**Direction**

You are to select

:

***an animal or***

***inanimate object***

that best

represent you. Attach a photo of your choice and expound your selection.

The composition must be able to meet the following goals:

•

Identify

characteristics and

traits, as well as skills and likes

that are

similar

/different

to you, and how have these influence you.

•

Identify f

laws, conflicts and struggles you and your selection

share

,

and how would you change and improve them.

•

Explain how the selection may guide you toward a higher sense of

self

-

awareness to attain

a self you aspire to be.

### Characteristics and Traits

**Cunning and Observant**: Foxes are known for their cleverness and keen observational skills. Like me, they tend to be watchful and strategic, often assessing situations before taking action. This aligns with my observant nature and preference for listening.

**Adaptable**: Foxes are highly adaptable creatures, able to thrive in various environments. This reflects my ability to navigate between introversion and extroversion, adjusting my behavior based on my surroundings and comfort level.

**Social Yet Independent**: While foxes can be social and form small family units, they are also quite independent. This mirrors my balance of introverted and extroverted traits, as I enjoy social interactions but also value my alone time.

### Skills and Likes

**Similarities**: The fox and I share a curious and playful spirit. My observant nature can lead me to uncover details that others might overlook, similar to how foxes are known for their resourcefulness and intelligence.

**Differences**: Unlike foxes, which are often more playful and bolder, I may lean towards a quieter and more reserved demeanor. My listening skills might be more pronounced, while a fox's confidence allows it to engage actively in its environment.

### Laws, Conflicts, and Struggles

**Conflicts**: Like a fox navigating its territory, I might experience conflicts related to balancing my introverted and extroverted sides. This can manifest as anxiety in large social settings or difficulty in asserting myself when you prefer to observe.

**Improvement Strategies**: To improve this balance, I could focus on developing my assertiveness in small, manageable ways, allowing my voice to be heard while still honoring my need for quiet reflection. Engaging in activities that allow for both social interaction and observation, like group discussions or collaborative projects, could also be beneficial.

### Self-Awareness and Aspiration

Embracing the fox as a representation of myself can enhance my self-awareness by highlighting my cleverness and adaptability. Recognizing these traits can encourage me to appreciate my unique strengths in both observation and social dynamics. By embodying the playful yet strategic nature of the fox, I can aspire to be more confident in expressing myself while still valuing my thoughtful, observant tendencies. This balance can lead to richer interactions and a deeper understanding of myself in various social contexts.

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