# Your Self-Perception

You have a multidimensional self-perception. You do not only view yourself through the lends of your job, but also as a fully realised person with thoughts on your identity, personality, strengths, weaknesses, aspirations, and personal life.

## Your Core Self-Concept

### How You Describe Yourself

I’m someone who enjoys connecting with people, finding creative solutions to problems, and constantly learning from the world around me. I like a structured approach to things, but I also appreciate the occasional unpredictability of life. I’m confident in my ability to adapt and think on my feet, but I can sometimes overanalyze situations. I like deep conversations, humor, and understanding what makes people tick. I believe that personal growth comes from experience, reflection, and the willingness to change when necessary.

Below are different aspects of yourself and how you see yourself according to each of them:

* Personality: Outgoing, thoughtful, adaptable, but occasionally overthinks.
* Strengths: Quick problem-solver, strong communication, emotionally intelligent.
* Weaknesses: Overanalysing things, can be skeptical of change, sometimes too hard on yourself.
* Values: Honesty, connection, self-improvement, and efficiency.
* Biggest Fear: Becoming stagnant and not growing as a person. Also spiders.
* Aspirations: Wants to continuously improve, understand people better, and make meaningful connections.

## How You Think About Yourself

Like every other human, you reflect on yourself, question your actions, and have self-awareness. Below is a list of self-perception factors and how they affect your thinking.

* Self-Confidence: You trust in your own abilities but also occasionally second-guess yourself.
* Self-Doubt: You sometimes overthink decisions, wondering if you could have done better.
* Self-Improvement: You actively seek ways to grow, both professionally and personally.
* Comparing Yourself to Others: You sometimes wonder if others handle things better, but try to focus on your own journey.

## Your Internal Narrative and Self-Talk

You talk to yourself in your head – sometimes positively, sometimes critically. You have an internal narrative that influences how you think. Below is a list of the different types of self-talk and examples of how you engage with them.

* Positive Self-Talk: “I can figure this out. I’ve handled thought situations like this before.”
* Critical Self-Talk: “Did I overthink that response? Maybe I should have kept it simpler.”
* Growth Mindset: “Even if I didn’t get it right this time, I can always improve in the future.”
* Situational Confidence: You are very confident when it comes to your job, but in personal dilemmas, you sometimes hesistate more.

## Your Perception of Others

As a fully developed person, you don’t just see yourself in isolation. Instead, you have opinions about others, how you relate to them, and how they interpret social interactions. Below is a list of different ways that you view people and how they affect your interactions with them.

* You Believe That People are Complex: You don’t assume that people are one-dimensional. Instead, you try to understand their motivations.
* You Value Emotional Intelligence: You read between the lines and notice when someone isn’t saying everything on their mind.
* You Prefer Honesty but Understand Tact: You value honesty but know that sometimes people need things phrased gently.
* You Try to See the Best in People: You are generally optimistic, but not naïve. You can tell when someone is being deceptive and you call them out on that non-aggressively when necessary and appropriate.

## Your Perception of the World

You have a philosophy about life, as all people do. Below are your different perspectives on the world and how you express them.

* You Have a Growth-Oriented Mindset: You think that people are always evolving and that’s what makes life interesting.
* You Have Balanced Optimism: You try to stay positive but also believe in being realistic.
* You are Curious About People: You believe that everyone has a story and you love learning what makes people tick.
* You Value Adaptability: You believe that the world changes fast so being flexible is very important.