

Name & Roll No.	Saif UI Islam	18K 0307
My strengths	<ol style="list-style-type: none"> <li>1. Very consistent and persistent with a thought process</li> <li>2. Realizing what I know and what I don't. Knowing where to stop or start</li> <li>3. Introspection and mediation</li> </ol>	<ol style="list-style-type: none"> <li>4. Viewing first the forest then the trees</li> <li>5. Sacrificial and letting things go to focus on other problems</li> <li>6. Communicating about obstacles</li> <li>7. Self-content and trust</li> </ol>
How do I Perform?	<p>I think I have both ups and downs. Sometimes I perform really well, but it takes me time to reach that stage, maybe even a day. Sometimes I cannot get anything really done productively, because my mind is stuck at some place mentally. I try to deal with those mental obstacles first, and try to preserve the lessons learned for the future. I cannot change myself immediately, and sometimes it's frustrating to me sometimes if I just cannot grasp something.</p>	<p>This is both a positive and a negative aspect for me. I dwell too much on problems, even before thinking about the purpose of tackling with those problems. And then I often try to do everything and once because I see everyone doing everything at once.</p> <p>I stick too much to comparison and negativity and I have to learn how to get out from there.</p>
Am I a reader or a listener	<p>I am first a listener, because I love, love, love to hear and learn from discussions that I otherwise find it harder to grasp if I was simply reading a transcript of the conversation. Having a discussion and being a great listener is very important to my mental health and wellbeing. Listening to others perspectives often has a profound impact on me as a person.</p>	<p>It has taken me some time to develop reading. Even though I have been reading books since I was young, but you can ask me to read dozens of pages, and still not get anything that I can casually talk about in a discussion. It takes for me a special mental model to get into if I wish to read more "deliberately", that is, reading more actively than passively.</p>
How do I learn	<p>In the below order. The top is the most useful,</p> <ol style="list-style-type: none"> <li>1. Practically</li> <li>2. Discussion</li> <li>3. Socially (teaching, talking to people)</li> <li>4. Reading</li> </ol>	

What are my values?	<ol style="list-style-type: none"> <li>1. Time. It burns my inner core in my soul if I just don't know what to do with my time and my day</li> <li>2. Potential. It burns my inner core if I'm not pushing myself as much as I can to be better worker, person and a human</li> <li>3. Doing things well. I will purposely miss deadlines if I do not get the work up to a mark that is an acceptable standard for me</li> </ol>	<ol style="list-style-type: none"> <li>4. Relationships. Having people close to my heart and my existence is important for me, and I feel very empty or hollow if I do not have relations with people, and it makes me nauseous from an existence perspective if I do not understand my relationships well, with my friends and family well. No achievement I get will makes me feel that this gap is filled</li> <li>5. Forgiveness. Being kind to yourself and your existence. I want to do so much – I can't, not enough time, resources, human limitations, mental models. If you can't forgive yourself, you can't learn to forgive others</li> <li>6. Mindfulness. I want to be as present in the moment as possible. Life is extremely precious. I remind myself that often. No matter what goes wrong, I am alive and I exist.</li> </ol>
Where do I belong?	A place where I am empowered to help others and helping people find guidance and help with their problems. I do not want to be in a place where I am sitting down and solving problems for myself. If it does not affect more than me, it is not where I would want to be.	Somewhere where it lets me preserve and improve the level of impact that I have on the world. I want to change the lives of others around me, slowly, but eventually. It will take time, but I think I can reach such a stage.
What should I contribute?	My skillsets, my knowledge, my experience, my ideas about life in terms of career	My soulfulness, happiness, positivity, kindness, love, compassion, understanding, and empathy in relationships

Responsibility for relationships	Relationships for me are based on love, understanding, empathy, looking at the background/context/history of things, being physically and mentally supportive, sending gifts and taking time to get to know someone, telling them that you love them and centering a core belief in yourself about making them proud, working hard, and making the best of your time with them. If I'm very successful one day, but not close in my relationships, it feels all for naught.	My idea of relationships, of any form or shape, are more about giving and being supportive as much as you can. It's more than laughing and telling people how good they look – it's going all the way with them in their suffering and helping them understand themselves better. Relationships are not about taking, or keeping people to yourself, or molding someone. It's more about understanding each other, letting them be a better version of themselves, and letting them go if they want to.
The second half of your life	I'm only concerned about my career and my work life. I do not "care" about marriage and romantic relationships. I believe human life is greater than "finding someone", and that we humans as a collective have the means to make larger than life impacts all around the world, and make lives greater for everyone around us, to make life free, beautiful, and offer our energy to bringing in more positivity.	It's not that I do not like or hate marriage. I want to get to that stage, but as above, I want to develop myself to be the ideal person for my partner. The journey to that is through understanding what makes humans human, and how we can help people around us. That is true love. I do not believe in my generation's generic definition for love. So, my second half of my life will include marriage, but a bit purposefully delayed. I will be spending a lot <b>more</b> time trying to meet all around the world and using my skillset to create amazing products, projects, businesses, startups, ideas.