

# Assignment #4 - Exercise on the Self

9/23/2025

**1/1 Points**

Attempt 1

**Review Feedback**  
**9/23/2025**Attempt 1 Score:  
**1/1**

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Anonymous Grading: **no****2 Attempts Allowed**

9/23/2025 to 9/25/2025

**Details**

(begin writing in a text editor on your computer and then copy paste into this assignment tab on canvas... so you dont accidentally loose your work. You should not use an AI or ChatGPT for this... it would be sad if you felt you needed to anyway)

In 200 to 300 words (15 - 20 minutes) .

**Articulate Your Sense of Self:**

(think of the following as a complex of interrelated question .... as one question, asked in different ways)

What is my core Identity? Who Am I, essentially? What is My Essence?

That is to say, what features, aspects, characteristics are essential to me, to my sense of identity?

What is most essential, about the entity that I am?

What has to be true in order for me to be who/what I am?

1) Spend 3 - 5 minutes thinking about this complex of questions.

2) 6 - 14 minutes writing just the essential and important things ... the things that truly define your essence... that without which you would not really be who you are?

3) From your writing on yourself select TWO or THREE words are most central to you in your self-reflection... write those words at the TOP of your assignment. i.e. what TWO or THREE (single) words best match and capture your self-understanding of who you are.

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**Compassion, Resilience and Reflection**

When I ask myself "Who am I?"

I will begin with my identity: I am a unique individual who is shaped by my own experiences, opinions, traits and values. My sense of self is not only fixed to one unique label but I am a combination of different characters: a student, friend, learner, thinker, a daughter, a sister and a dreamer but all of this is connected to my identity.

At my essence, I think what defines me most is my curiosity, creativity and the urge to grow or learn. I keep looking for meaning in things and I like to question the existence or why things are in a certain way. At the same time, I care deeply about people around me more than about myself and think about creating something positive in the world. Even when situations changes these traits are constant with me regardless of what happens, I will still care about my surroundings and people around me and will still judge things critically.

What feels essential to me is the balance I try to hold between what I think and what I act since “actions speak louder than words”. I pause before doing anything to reflect on my thinking or action, so I think before doing anything.

In order for me to be who/what I am, few things have to be true: I need to act in ways that match my values. I need to be considerate enough and stay open to growth. I need not to miss any opportunities. And I need relationships or more friends with whom I can truly express myself because so much of who I am comes from the people I share my life with and my surroundings affect me a lot. So, knowing myself isn't about having one fixed answer. It's about recognizing both my individuality and my connectedness