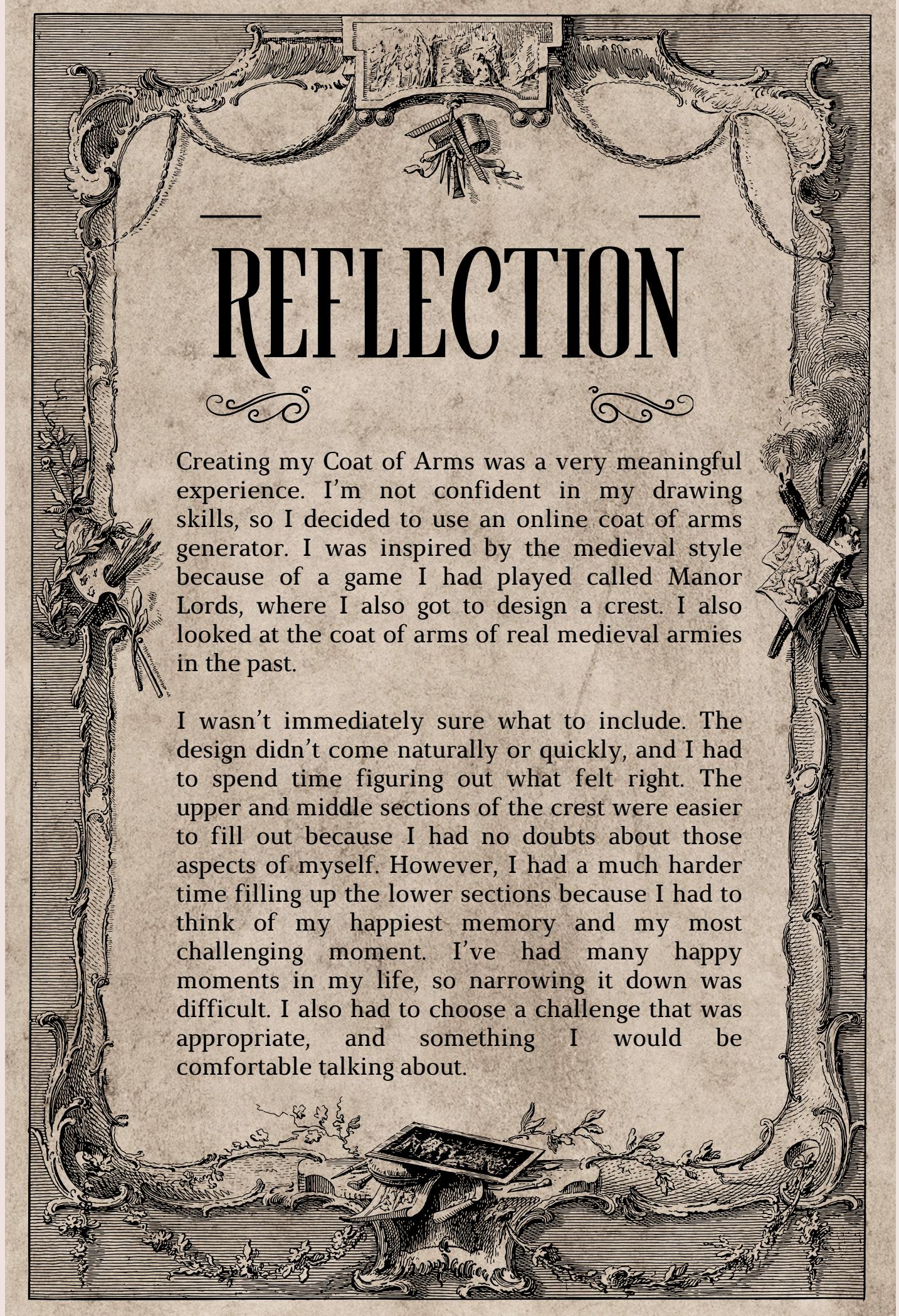


Tenacity

Fortitude

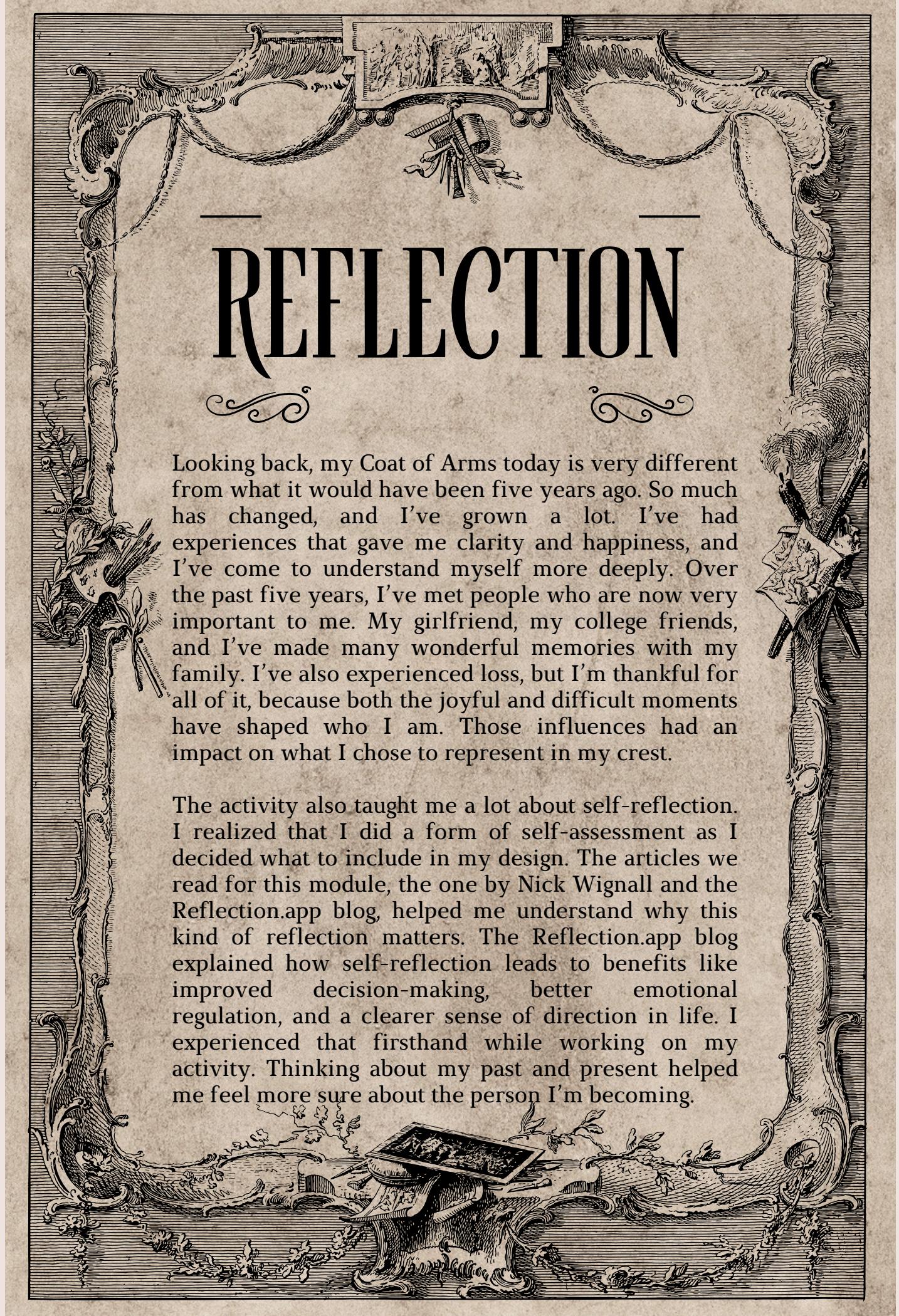
Resolve



REFLECTION

Creating my Coat of Arms was a very meaningful experience. I'm not confident in my drawing skills, so I decided to use an online coat of arms generator. I was inspired by the medieval style because of a game I had played called Manor Lords, where I also got to design a crest. I also looked at the coat of arms of real medieval armies in the past.

I wasn't immediately sure what to include. The design didn't come naturally or quickly, and I had to spend time figuring out what felt right. The upper and middle sections of the crest were easier to fill out because I had no doubts about those aspects of myself. However, I had a much harder time filling up the lower sections because I had to think of my happiest memory and my most challenging moment. I've had many happy moments in my life, so narrowing it down was difficult. I also had to choose a challenge that was appropriate, and something I would be comfortable talking about.



REFLECTION

Looking back, my Coat of Arms today is very different from what it would have been five years ago. So much has changed, and I've grown a lot. I've had experiences that gave me clarity and happiness, and I've come to understand myself more deeply. Over the past five years, I've met people who are now very important to me. My girlfriend, my college friends, and I've made many wonderful memories with my family. I've also experienced loss, but I'm thankful for all of it, because both the joyful and difficult moments have shaped who I am. Those influences had an impact on what I chose to represent in my crest.

The activity also taught me a lot about self-reflection. I realized that I did a form of self-assessment as I decided what to include in my design. The articles we read for this module, the one by Nick Wignall and the Reflection.app blog, helped me understand why this kind of reflection matters. The Reflection.app blog explained how self-reflection leads to benefits like improved decision-making, better emotional regulation, and a clearer sense of direction in life. I experienced that firsthand while working on my activity. Thinking about my past and present helped me feel more sure about the person I'm becoming.

REFLECTION

Nick Wignall's article also highlighted that self-reflection is a skill that we need to practice. He mentioned the importance of curiosity, compassion, and honesty, and I found myself using all three. I needed curiosity to revisit my memories, compassion to accept parts of myself without judgment, and honesty to be real about what I've been through and what matters most to me. These skills helped me make a good coat of arms and also helped me learn something valuable about myself.

Overall, I think the activity was not just about making the prettiest symbol possible. It was about taking the time to pause, reflect, and grow. I learned that who I am today is a result of the choices, relationships, and challenges I've faced and that self-reflection is key to understanding and appreciating that journey. Designing my coat of arms helped me to see my life more clearly, and I'm grateful for the insight it gave me.