**Preliminary Examination**

*Part Two*

**Individual Essay**

How are you able to apply the Self Mastery during the Inspiration and Ideation Phase of the Innovation Process?

While undergoing through the whole Innovation process of generating an Inspiration and Idea for our product, I tried to apply the learnings we had by utilizing the self-mastery skills. Self-mastery is the ability to control one's actions, beliefs, and thoughts. It is a bit difficult to attain because it requires discipline and focus. Nonetheless, the key to self-mastery is being intentional with it. When I was thinking of what I wanted to introduce in the app, I had a difficult time because I had a lot of ideas and I wanted to present the app in a unique way that may entice other people. Eventually, our group settled with a billing app that organizes and tracks the user’s expenses.

During the Inspiration Phase, I applied learning to think, learning to intuit, and learning to feel. Learning to think entails basic questions in critical thinking which verifies if the app was a feasible solution to other people's problems. I was able to be rational, logical, creative and systematic in dealing with the app. Learning to inuit and learning to feel were both applied at the same time because as college students, I am on a tight budget and I would prefer to go with something within my means. Thus, I unconsciously went for an app that would add meaning and functionality in my life. This directly relates to learning to feel because I relate to my fellow college students who are trying to budget while still enjoying their university experience. Moving on to the Ideation Phase, I applied learning to do, learning to communicate, and learning to be. As I started to find ideas for the app, the learning to do portion spurred me into action in which everything I thought of, my intuit, and feelings into one single app. It was the second most difficult part because it required me to pour my creativity and ideas into motion. Learning to communicate also played a vital role in the ideation process because I had to brainstorm with my groupmates and every detail must be discussed - no matter how trivial. Learning to be made me gain a lot of self actualization and I gained more knowledge with regards to how the app can aid in everyday living.

Overall, the innovation process forced me out of my comfort zone which allowed me to gain numerous lessons. Nonetheless, I had a great time and I realized a lot of things not just about entrepreneurship but also myself.

The ability to think will enable students to be rational, logical, creative and systematic

in dealing with challenges in life.

INUITintuition as to know something spontaneously, without the conscious use of reasoning.

Similarly,learning to do‟ is another component of self-mastery.

An intelligent person may have superior mental ability but a better person is the one who can initiate development by translating his bright ideas to actions.

There is a need to intensify the teaching of this skill since learning to communicate is important in maintaining a positive working environment. One way to develop students‟ willingness to communicate is through iLast but not the least, „learning to be‟ is considered

also as a component of self-mastery. Morato [1] explained that learning to be is about experiencing wonderment in the things that a person does, having a world view and a way of spirit, obtaining wisdom from experiences, and having the will to live. mmersion [24].

Self mastery is

Throughout the process, I was able to apply all the 7 Self-Mastery Skills.

Ability to think