

Self Awareness Documentation

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Self-awareness is an important component of personal and professional growth. By taking the time to reflect on our strengths, weaknesses, and areas for development, we can better understand ourselves and make more informed decisions about our lives. In this document, I will carefully document my own strengths, weaknesses, and developmental points, as well as my MBTI results, with the aim of gaining a deeper understanding of myself and my potential for growth. Through this process, I hope to identify the areas where I excel, as well as those where I need to improve, and develop a plan for personal growth that will help me achieve my goals.

Coming to the major strengths that I'm proud to talk about are proactive task completion, i.e, I can complete tasks proactively and within the given deadline, even if I am not familiar with the topic. Another strength of mine is my over-thinking, I consider this to be my strength because my tendency to over-think helps me anticipate and prepare for various scenarios that I may encounter. Finally, I consider my ability to take criticism and learn from it as one of my strengths. I understand that criticism is an opportunity to grow and improve, and I take it as constructive feedback rather than a personal attack. This attitude helps me to stay

open-minded and receptive to new ideas and perspectives, which can ultimately lead to better results.

One of my weaknesses is that I don't always have the motivation or enthusiasm to work hard to achieve the highest possible outcome for my capacity. I often find myself settling for mediocrity instead of pushing myself to go the extra mile. Another weakness of mine is that I struggle to find a passion that drives me and makes me interested in working hard. I find it difficult to identify what I truly enjoy doing, and as a result, I lack direction and purpose in my work.

As for areas that I'm working on developing, First is improving my interpersonal skills. Although I have always been an introvert, I have recognized that my ability to work effectively with others is crucial for my personal and professional growth. To address this, I have been actively working on improving my interpersonal skills. I have also been working on overcoming my self-doubt, which has held me back in the past. To achieve this, I have been practicing positive self-talk and reframing negative thoughts into more positive ones.

Through introspection and feedback from a friend, I have identified areas where I excel, such as my ability to meet deadlines and take criticism constructively. I have also acknowledged areas of weakness, including my lack of motivation to pursue optimal results and difficulty finding a passion that truly drives me. Additionally, I have recognized

the importance of working on developmental points, such as improving my interpersonal skills and building confidence to overcome self-doubt.

According to the MBTI results my personality type came out to be a Mediator. Mediators are introverted, empathetic, and creative individuals who are known for their deep inner lives and sensitivity. They are idealistic and seek meaningful, soulful relationships with others. They have a sincere curiosity about human nature and are non-judgmental and compassionate towards others. They have a talent for self-expression and may use metaphors and fictional characters to reveal their innermost thoughts and secrets. However, they may also struggle with being unrealistic and self-isolating at times.

Mediators may have a tendency to prioritize the feelings and needs of others over their own, to the point of neglecting themselves. They can also feel guilty or selfish for taking time for themselves or setting boundaries in relationships. This can lead to feelings of burnout, resentment, or being taken advantage of.

Additionally, Mediators' strong emotional reactions to the world around them can be overwhelming and exhausting. They may struggle to manage their emotions, particularly when faced with conflict or criticism. This can lead to a tendency to avoid confrontation or difficult conversations, even if it means avoiding necessary resolution or growth.

Finally, Mediators' idealistic nature can sometimes lead to a lack of practicality. They may become so focused on their vision of what could be that they fail to see the steps needed to get there. This can result in feeling overwhelmed, unfulfilled, or directionless. However, with practice, Mediators can learn to balance their idealism with practicality and take steps to implement their vision in the world.