**Self-Reflecting Activity: Persona**

Create a “persona,” or a clear character representation of your actual self, your ideal self, and your “ought” self (Kos, n.d.). Thoroughly analyze who you are, who you want to become, and what the social expectations connected to your feelings and behaviors are like in different situations.

Answering questions like the following can help you define these three important selves:

1. Why do I want to become *[enter a characteristic important to you]*? Who in my life was or is like that?
2. Who would I be proud if I were *[enter a characteristic important to you]*? Why?
3. How are my feelings in certain situations connected with my actual, ideal, and ought self?
4. Am I pushing myself to be something I’m actually not?
5. Am I being something I’m not just because others expect it of me?

Use your answers to these questions to help you get an idea of who you are, who you want to be, and who you feel you ought to be. Once this preparation has been completed, move on to creating an empathy map.

Source:

Kos, B. (n.d.). Tools to help you with self-reflection. *Agile Lean Life.* Retrieved from https://agileleanlife.com/tools-to-help-you-with-self-reflection/

Positive Psychology

**Self-Reflection: Empathy Map**

An empathy map can help you engage in a valuable and informative process of self-reflection, using all of your senses to help you identify your needs and the disconnections between what you say and what you do (Kos, n.d.). Don’t worry—we all have a disconnect between what we say and what we do.

This exercise can help you figure out where you have these disconnects and how you can best address them to become the person you want to be.

To create your [**empathy**](https://positivepsychology.com/empathy/) map, simply draw four quadrants on a piece of paper. Each quadrant represents a different aspect of yourself:

* Seeing;
* Doing;
* Thinking;
* Feeling.

Next, consider a situation that evokes a specific strong emotion in you, like having a fight with a friend or parent. In each quadrant, write down the relevant aspects of each perspective.

For example, for the fight scenario, you could write down something like the following:

* Seeing: What are some of the things you saw during the situation?
* Doing: What actions did you do and which behaviors did you notice in yourself? What is the behavioral pattern you can identify?
* Thinking: What were you thinking in that situation? What does this tell you about your beliefs?
* Feeling: What emotions were you feeling? Why? Which past situation do they most remind you of?

On the backside of your piece of paper, on another piece of paper, or next to your four quadrants, create a fifth section. Here, you will write down your insights and ideas based on your empathy map.

The following questions can help you with the self-reflection process while you’re working on your map:

* How is the situation connected to your fears and hopes? What are your fears? What are your hopes? Which of your needs are met or not met in that situation?
* What was the environment in which you encountered the situation? What do you remember from the environment? How did you find yourself in that environment and why? What was your sight focused on?
* What hurts you most in the situation or makes you feel good about the situation?
* What was the feedback you gathered from your environment or other people?
* What are all the positives about the situation? What can you learn about yourself, others, and the world by experiencing that kind of a situation?

Do your best to avoid falling prey to [**cognitive distortions**](https://positivepsychology.com/cognitive-distortions/) or reinforcing negative feelings while answering these questions. Go deep, and identify why you feel like you do. Observe, but don’t judge (Kos, n.d.).

Source:

Kos, B. (n.d.). Tools to help you with self-reflection. *Agile Lean Life.* Retrieved from https://agileleanlife.com/tools-to-help-you-with-self-reflection/

Positive Psychology

**Journaling: Write and Reflect**

[**Journaling**](https://positivepsychology.com/gratitude-journal/) is great for many reasons, and it can be used in several applications for introspection.

For this exercise, get a journal, diary, or notebook with plenty of pages to write in.

Every day, write down three things in your journal:

1. At least one positive thing that happened to or around you today;
2. A question for yourself (you can use one of the questions from the previous exercise, a question from the lists we covered earlier, or something entirely new), but don’t answer it yet;
3. A reflection on the question you wrote the previous day for yourself and an answer to it.

Following these steps, you will write only the first two components on the first day but will write three components every day thereafter (Holothink, n.d.).

Holothink. (n.d.). The art of self-reflection – 5 exercises to find peace in your life. *Holothink.org.* Retrieved from https://holothink.org/the-art-of-self-reflection-%E2%80%93-5-exercises-to-find-peace-in-your-life/