

## SELF ASSIGNMENT

**INTRODUCTION:** Getting to know myself better has always been something I struggle with. Everyone does but I feel aimless and goal-less sometimes and wonder lots of stuff about me. I am not so sure but I **gave myself the assignment to just write things** down neatly and in short about my likes and dislikes; ups and downs; about things tied to me; about my life story summarized. I also wrote down how I see myself in 10 years. Not perfect. Just in that span of 10 years things that I have always wanted, things that make me happy, if that happens. I have been journaling too but this seemed to just make a bit more sense. Having it on paper written down in my own way and doodles here and there.

**WHY?** Ever since I was a kid I always allowed myself to express myself on paper, I wouldn't write much but I would draw it or do some arts and crafts of some sort. The older I got I was leaving that part of me alone and just "bottling" myself and thoughts. My mom had told me the best way to just let everything out is to write it down and if it had bothered you then just burn it away. I have done some paper burnings here and there but I want to be able to own everything and I mean that. I want to look at it everyday while I improve because that's what also made...me.

I haven't planned exactly what I want to do with this but I do know that to know my goal or get succesful with things I like I should write it down and look at it. **Not just give up.** Writing even the negatives (in short) made me sad for a bit but also reminded me that without those moments I wouldn't have been where I am now or be the person I am now or surround myself with the people im surrounded with now.

In a way this helps of letting certain feelings like regret and hate dwell away in the past. This helps me think less emotionally and **more rationally**. I will keep writing about who I want to be and maybe not very specific but just in a vague way but still going towards the same direction. It is a **start to self improvement** and a journey I wanted to share regardless if this counts as a learning outcome or not. Below are pictures of the assignment I gave myself.



