

Self-reflection and self swot analysis



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Self analysis is nothing but calculation of one's opinions and activities. That is costing of one's emotions, personality and behavior. From this people can easily recognize their individual strength and weakness. Moreover self analysis is a process or it is a test to judge the abilities, talents and expertise.

Self awareness is one of the way to yourself in which to discover our separable personalities, rate structures, politics, usual feelings and tendencies. Because for some stuffs, manufacture facts and learns we are all dissimilar to react. And this is very useful to sometimes pass time in self reflection to increase a superior vision into ourselves.

SELF AWARENESS:

Self awareness is a main thing for us, because when we know the healthier thoughtful of ourselves then we are the authorized to create a ups and downs and also to figure our parts of strengths. Moreover in our level of recognize areas we would like to make developments over and over again. That is so self awareness is the stage of aim setting.

Self awareness is a skill for education. Education here is nothing but knowing ourselves. If a person know about ourselves, then only the person modify the stuffs they want to adjustment himself.

Each person have a aim to their life like to became leadership man, playful life, relaxation life and so on. And the person will try and makes works relevant to his aim. But this everything is possible only by the investigating his emotions, reactions, trusts and qualities. Thus it is the self awareness performance. That is, a person will know about their own personalities like

skills, thoughts, beliefs, inspiration and sensations. This kind person will only able to say the word “ i am self aware “. That is, if i want to say i am self aware then i had a strong observation about myself and i had studied myself. Determining the exact path that ranges the aim can be probable simply by self-analysis. Self-awareness is one thing chooses whether you are the correct one to become a head or not. I must recognize the powers and weaknesses to become familiar for every circumstance.

In the progression of these gatherings i am not forceful a person what to accept as true, how they should consider or what they should to do. I am mainly focused with persons tests in levitation their self awareness. When you grow into more self aware you automatically bring in to being to see phases of your behavior and the character that you did not warning earlier.

Some authors give quotes about self-awareness they are, “ Raising an Emotionally Intelligent Child In the last decade or so, science has discovered a tremendous amount about the role emotions play in our lives. Researchers have found that even more than IQ, your emotional awareness and abilities to handle feelings will determine your success and happiness in all walks of life, including family relationships. -John Gottman.”

“ Being powerful is like being a lady. If you have to tell people you are, you aren't. Thanks to Maria Marquis Thoreau There are a thousand hacking at the branches of evil to one who is striking at the root, and it may be that he who bestows the largest amount of time and money on the needy is doing the most by his mode of life to produce that misery which he strives in vain to relieve. -Margaret Thatcher.”

“ We wait all these years to find someone who understands us, I thought, someone who accepts us as we are someone with a wizard’s power to melt stone to sunlight, which can bring us happiness in spite of trials, which can face our dragons in the night, who can transform us into the soul we choose to be. Just yesterday I found that magical someone is the face we see in the mirror: It’s us and our homemade masks. -Richard Bach.”

Self-Analysis:

Self-analysis involves understanding one’s own preconscious and insensible materials like ideas, Para praxes, memories, fleeting thoughts, and powerful emotions.

By self analysis a person can simply find the weakness and by rectifying their weakness that person can capable to see the places and positions they have to adjust. Best of all, all persons has incorrect opinions and personal faults committed by them, But by the self analysis the person can simply able to avoid the problems and reach the requirements with no chunks.

Self-analysis creates several profits that is it produces a extraordinary level of control that is to improve the person such as helpful talents, capacities and powers can leading easily and they can have a capacity to the true tracks. Self analysis process is very helpful and act as great end in idea making process which is suits for business surroundings. Career choice is almost whether they happy by gettings, assignment, place of work, organizational core, situation, challenges, superior for improvement, connection and the support from the age group. The chief dissimilarity

between the self analysis and self awareness is that identifying a person's actions by approaches and talents.

WELFARE IN SELF ANALYSIS AND SELF AWARENESS:

By performing the self analysis a person can absorb their weakness. By this identification a person can know the real requirements to face the carrier. And they can easily increase the skills and talents by their positive skills. Moreover about decision-making and clear vision, self awareness shows positive and negative ways.

CONCLUSION:

Thus the method of learning own personality said to be a self analysis and ability of perform the process is called self awareness. We have to increase the strength and weakness by improving the skills. Thus the self analysis and self awareness is much important for career development.

PRESENTATION OF RESULTS BASED ON ONLINE TEST:

INTRODUCTION:

For self analysis there are many number of tests are available and here I am going to discuss about some analysis test report.

CAREER PATH TEST:

The career path test is like a quiz type, which have two things they are, the activities which makes interests and gives joy and the another thing is about what kind of behaviour i have for my goal. This career path test shows result as yellow for interest and green for style and as I to accepted with this result.

As in the result I am very much interested in supervision and administration management. Yes that is the reason iam doing administration course now. And also about my relaxations is like home duties and roaming is very much true. I am spending more time on managing and at all times deliberate the whole thing before starting it. So that the result of career planner quiz said as gathering report and evaluating are also suitable.

Always I think of complexity in doing any jobs. I continuously use to say hard work is not the big one, only doing and finishing the thing is great. Various people can do the difficult job by hard work, but some people can do the same job by finding the easiest way. I need to be one of them always. My career planner quiz also said that I am creating the sophisticated processes for doing complex work. My results are ever reasonable because nothing I choose carelessly and without any reason. Before making decision I use to study the points for accepting and rejecting. Then only I will choose to decide if the qualities and income are high otherwise not. Next in the social equality point of view, I never took the others chances and I use give the chances for others when I am in group. This concept is very much believed by me. This concept is very much believed by me. So I agree with the points about my style such as reasonable decision maker and independent.

Thus in the career test I can understand my interest and styles and I can agree with this results about my behaviour. So I accepted this self analysis test about me is true.

JOHARI WINDOW:

Consider the adjective list of me and my friends to map the character awareness by means of overlap and difference between them. It is called the johari window. The johari window's results accepted by me about 100%. In this window the test results grouped into four categories. First one is arena which means the characters known to both self and others? It gives me the result " bold, energetic and friendly". It is accepted because I am so friendly to the people with me. Second thing is facade which means the traits known to self but not to others. It says I am happy and nervous. I accepted I am happiest person; I can make any time happy and also make nervous situation on mingle with people without mind the country, language. I am confident about what I am doing. Before start anything I use to search merits and demerits. After decide to do, I don't want to confuse myself. I am always friendly that's why I can make happy all. This is the thing I feel my strength. Ever I responsive because every action there is a reaction. Pre-planning is possible only when I am sensible.

Third thing in the johari test is blind spot. It is about the characteristic which is known to others but not to self. By this my friend can expose me and I can understand him that how much he understands me. I can realize my blind spots including knowledgeable and mature. About my culture surroundings i am mature. Thus this result says 100% to my mature. I am little bit nervous and little bit relaxed. Most of the time I am relaxed, nervous comes while lack of confidence in doing complex things. But I always show the relaxed face to others. In debate, I felt nervous sometimes and this results to

degrade my performance. The johari window's results accepted by me about 100%..

Final category is about new who is new to both self and others. I need to concentrate these characters and analyse those characters about me. The unknown characters such as my braveness, intelligence, calmness, brave, giving, modest, able, accepting and others are under research. I need to analyse myself to become self aware.

PSYCHOMETRIC TEST:

In order to change my activities and a number of development tips based on my personal results for suggestions, The psychometric test is use full. There are two parts in the psychometric test that is shapes and views. That is the aim of the report is to give u ideas for your professional and personal development. Based on our personal reports of shapes we will find a few suggestions in this report in order to change our behaviour by trying certain activities.

As a result of psychometric shapes test says as, I am a happy to snatch the leadership in team and make every effort to clearly regulate the individual roles and responsibilities. I am normally succeed in effective coordinating the work every day jobs and that everyone concentrates on the upcoming tasks and objectives. And my work manner like highly target motivated and for my mind think i keep in the mind the relationship between cost and benefits. I like to question usual approaches and prefer to creatively and flexibly tackle problems and tasks. I am open to new things, and occasionally contribute innovative ideas and suggestions yourself. yes i agree with this result in

organizational behaviour. And this test shows that i need to aware of significance of useful contacts and relationships, and need to develop contacts quickly on the informal level and sometimes incorporate these relationship for your own purpose. And i need to recognize the core of a problem and take hold of the fundamental effects of actions. In these report i not accept with the last sentence that is i need to recognize the core of problem and take necessary effects. I know my decision is correct for current situation . Thus i agree with the aware need for me.

And the test shows to try something like make list of all teams and groups in which you work together with others it helps how we describes our own role in these groups. yes so that going to try these types and even i am happy with this results i am limited with organizational development and this results reports i want to aware of here, yes it is true. Thus the progress tip given to me is great idea that can easily workout and result giving tip.

The second part of the psychometric test is about view. This results summarizes the results of questionnaire views which i have completed. It indicates my personal values, professional intrests and motives. Is described under which circumstances and in which professional context i can use and develop my maximum potential.

The result from the views shows that, When selecting a workplace, i should pay attention to environment of helpfulness. i want to offer my help freely and real generously and expect in return that i will also be offered the same level of support when i need it. In comparison to other professional aspects it is absolutely importance to me that i can become enthusiastic about my

work and that i have the feeling that my work has a real meaning to it. And one more thing i need to feel particularly good when i often driven to perform at my intellectual peak.

In comparison to my other aspects it is noticeable that it is very important for as, that company in which i was work conveys a feeling of safety and security to me. In comparison to others my attitude in this connection is absolutely typical. Thus i accepted this views results about me and try to pay attention for the above.

HUMAN METRICS:

The next test result is human metrics has given me result as Extravert(33%), Sensing(12%), Feeling(112%), Judging(22%). Already I discuss my adjustment in many situations and I accept the point extraversion because I can mix together with people. This said I am important. I agreed with this. Always I take care of needs and assigning jobs to fellows. I use to give more importance to projects than life. This is 50% true. Because I use to find simple way to solve the big project not the difficult and excessive demand. And also i have moderate preference of extraversion over introversion as 33% and then i have slight preference of sensing over intuition as 12% and also i have slight preference of feeling over thinking as 12% and to i have slight preference of judging over perceiving as 22%

Sensing which means physically touch. I actually aware of sensing. I always use to equip Thinking with a new, full of life sense of how the things work.. I think this I really accept I am sensing I always forecast the things in future.

So I am innovative, that I always think of future. Many times before I do any activity, which really helps me that I am pre planned. Then judging result shows that I judge based on the people behaviour and attitude, which is helpful in taking right decisions. So that the result of Human metrics help me to provide for my part in doing best development.

CONCLUSION:

Thus the four types of test is very useful to identify our behavior and performance in organizations. The Johari windows said the behaviour I have and those behaviour are grouped four based on who knows it. The human metrics said the results by percentage and psychometric said by two parts as shapes and views. One having strength and weakness other having the things to be take care of when choosing work place. Career planning question said my interest and way. Thus the self-analysis tests results having in the region of 80% true. Hence I am accepted the test results.

SWOT ANALYSIS:

INTRODUCTION:

The analysis is about identifying self concept that is strength, weakness, opportunities and threats is called SWOT analysis. Identifying the self concept provides development in own life. So that the analysis is to be take out and grouped as follows.

(S)TRENGTHS:

The positive behaviour I have is said to be strength of mine is that Problem Solving, Teamwork, Decision Making. I am very much superior to have other main strengths even as being with my team is decision-making, free and innovative idea. My friends are for all time prizing me for those things.

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Before me deciding anything I statistically study the qualities and demerits of doing such thing and decides if it is acceptable. In team, I ever representation only my points and I give chance to others for expose them also. This are the capability of management. I can manage any kind of people and any kind of situation. And also My strength is my adjustment. I am very much adjustable with the people without considering the country and language. I can combine with the different kind of people. The people, who yet know me, identify me as friend finder. My means of administrating fellows and making friends are my great strengths I feel.

This is the thing motivate my friends to prize my brains equality. I am always welcome the changes and challenges. Then I give the imaginative and new idea to replace usual things and making the simple way for doing multifaceted thing because I prefer the stylish information.

(W)EAKNESSES:

1. Nervous
2. Dependency
3. Inflexible

These are my weakness. Nervous even as speaking in some get-together is my very poor weakness. Still I can combine with any kind of people, I have this problem in proper and specialized meetings. one more great weakness I felt is still I cannot analyse this trouble.

I am trying to beat this thing now. Dependency make me another one weakness and I feel it be able to make difficulty in my way but till it is not so.

Inflexible to others stress so that I am trying to avoid this kind of weakness from me.

(O)PPORTUNITIES

Taking advantage from current market analyzing the current marketing strategy . For me the greater opportunity for hearing from other people who are in parallel role or same path to me. One more great thing is that attractive my open skill by means of finding the skills I have and shape the open skills in the correct way.

And also to take on others in providing feedback about their experience of me.

(T)HREATS

The work needs excessive demand, a person being hidden by too much stress. That is the reason I wish easily reachable work. That is the large number of daily stress, which conspires against self-reflection

CONCLUSION

Thus from the SWOT analysis, i know my strengths, weakness, opportunities and treats. Based on my strengths and weakness i am going to improve my active skills and simultaneously beat my problems. And from opportunities and threats i going get feedbacks from experienced persons and at the same time to impose my attractive skill in correct way of manner