

Introduction on Soul Searching

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Abstract- *It is always hard to figure out our own mistakes and learning from them is another challenge, but it is proven that we can well learn by reflecting by own mistakes and experiences. The process of self – reflection might help you.*

Indexed Terms- *Introspection, reflection, learning*

I. INTRODUCTION

Problems, challenges, difficulties are all part of human life. We all have our own definitions of these words. We face them and we move on. In this hectic schedule, we don't focus on ourselves. We start with an aim but while dealing with the problems we often get distracted. To be successful, marking the connections of future won't help, but reflecting on our past experiences will definitely lead us to the right path.

II. ELABORATIVE APPROACH



Source: - Fig: 1.1
<https://www.instagram.com/p/BOPYZztBKc2/?igshid=eqqg9yc3mzep>

Diagram 1.1

There is always a reason for how we feel and react in a particular sitch. To acknowledge that reason is a tough ask, but it is not impractical. The concept of Self – Reflection is to focus on ourselves; to know our essentials as well as to know our outer form. It lends a hand to analyze the path we started, where we are and where we want to go, to reach there what we are doing.

The best way one can learn is reflecting their own past actions. We make mistakes, learning a lesson from them is what we have to do.

The process of soul – searching also known as self – reflection is stepping aside from your busy schedule and introspect. Ask questions to yourself, connect the dots of the areas of your life which are important to you like health, spirituality, work, family, love life, etc. by this you can develop the understanding of what you are. Don't fair and don't judge yourself. It will help you to question your behavior, thoughts, desires, attitude and motivation; it's more like Why – Why Analysis. It's all about getting deeper into your own self. Definitely it will help you to face challenges, it will motivate you and taking any risk will not be much difficult. It will give you strength and satisfaction which will result in your happiness.

III. FINDINGS

Self – reflection helps leaders to review and it is critical for leadership development also. It is cogitation of your skills, strengths, weaknesses and behavior towards followers. It also assists to improve performance through lessons learned. A recent study by Lanaj et al, apex that it can motivate leaders to engage in energy generating activities, making them more influential. It enhances your thinking styles, passions, personal ambitions, goals and also lays a path of what to do and how to do.

CONCLUSION

self – reflection is an important process as without it's practice we will just go on with our lives, we will not pay attention to our behaviour, attitude, the path on which we are and whether we are going towards right direction or not. To analyse what is going well and what is not is done by navigating the past actions. By connecting each and every dot of your experiences will help you to find out how you got distracted, where you made mistakes, and how can you resolve your

problems. It is powerful to take a pause, step aside and zoom out to your experiences in order to reflect where you are and how you got there. No one else can help you because only you are aware from which situations you have been through, and it is important not to judge yourself, be honest to thyself. Improvements and upgradations are required in everyone's life; observing yourself is the best way to do so.

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APPENDIX

Diagram 1.1

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