

# Self Reflection - The Stories We Tell Ourselves

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## Task 1

**Beginning of the story:** Where do I come from and where am I right now?

Create a timeline of the most important events in your past that were crucial for your development and your relationship to your physicality and your development in general. Mark the spots on the timeline (and the periods between them); name them. Some of the things, that can help in organizing the story are: going through old photos and talking to relatives. Mark the present moment as well.

## Task 2

Write an essay about your past and present moment. Following a structure from the timeline, include the important events and the time between those events. Make sure you are maintaining cause-effect continuum.

**Notes:**

- Spend some time with yourself, without distractions; reflecting, organizing the thoughts and letting the mind wander. Make appointments with yourself and put high value on them.
- The task's goal is to create a frame for thinking and constructing the story you tell yourself, about yourself.
- With effort, you will gain more clarity in your past and acquire answers about your present state.

