



Professional

MAKING THE *Best* OF YOURSELF

IDENTITY

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Featuring content from
The Defining Decade
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Content

The following points will be discussed during this presentation.

1. Positive Habits

- *Benefits of developing good habits*

2. The Enemy of Good

- *Sticking with the good while waiting for the best*

3. Identity Crisis vs. Identity Capital

- *As you discover yourself, build your unique identity*

4. Power of Forward Thinking

- *The brain, like any muscle in the body, gets stronger through regular exercise*

5. Urban Tribe—False Comfort

- *Helps you survive, but doesn't help you thrive*



Positive
HABITS

Benefits of developing good habits





Positive Habits

Definition – What is a Habit?

» A habit can be defined as:

- A routine or behaviour that is performed regularly—and, in many cases, automatically.

Good Habits to Form

» The following are examples of good habits to form:

- Waking up early
- Keeping your room clean – Your room is an externalization of your mind.
- Having a healthy diet
- Exercising regularly
- Developing your mind (read, listen to educative podcasts, etc.)
- Keeping a journal

Positive Habits

Benefits of developing good habits.

- » We don't really take care for the habits we form early in our lives because we don't see the immediate effects.
- » The older we get, the more set we become in our ways and the harder it is to cultivate new habits.
- » **Consistency**
 - Find the motivation to do something again and again till it's a habit.
 - Develop self-discipline
 - Remember to go easy on yourself – You might fail but your ability to keep going is what makes you become a disciplined person.
- » The best time to start is now.



Discipline yourself in small things, and from there, progress to things of greater value.

Marcus Aurelius

Enemy of **GOOD**

Sticking with the **GOOD** while
waiting for the **BEST**



The Enemy of GOOD

Sticking with the GOOD while waiting for the BEST

- » When we attempt to make the perfect decision, we can often become stuck in indecision, or hopping from one thing to another.
- » Thus, postponing tough decisions about life doesn't make them easier; time makes decision-making tougher—you have less time.
- » Doing something later does not necessarily mean doing it better.
- » Give your new habit (or new skill) time to work instead of jumping from one to another.



Indecision is the thief of opportunity.

Unknown



David Brooks
Political and cultural commentator

Society is structured to distract people from the decisions that have a huge impact on happiness in order to focus attention on the decisions that have a marginal impact on happiness...





IDENTITY

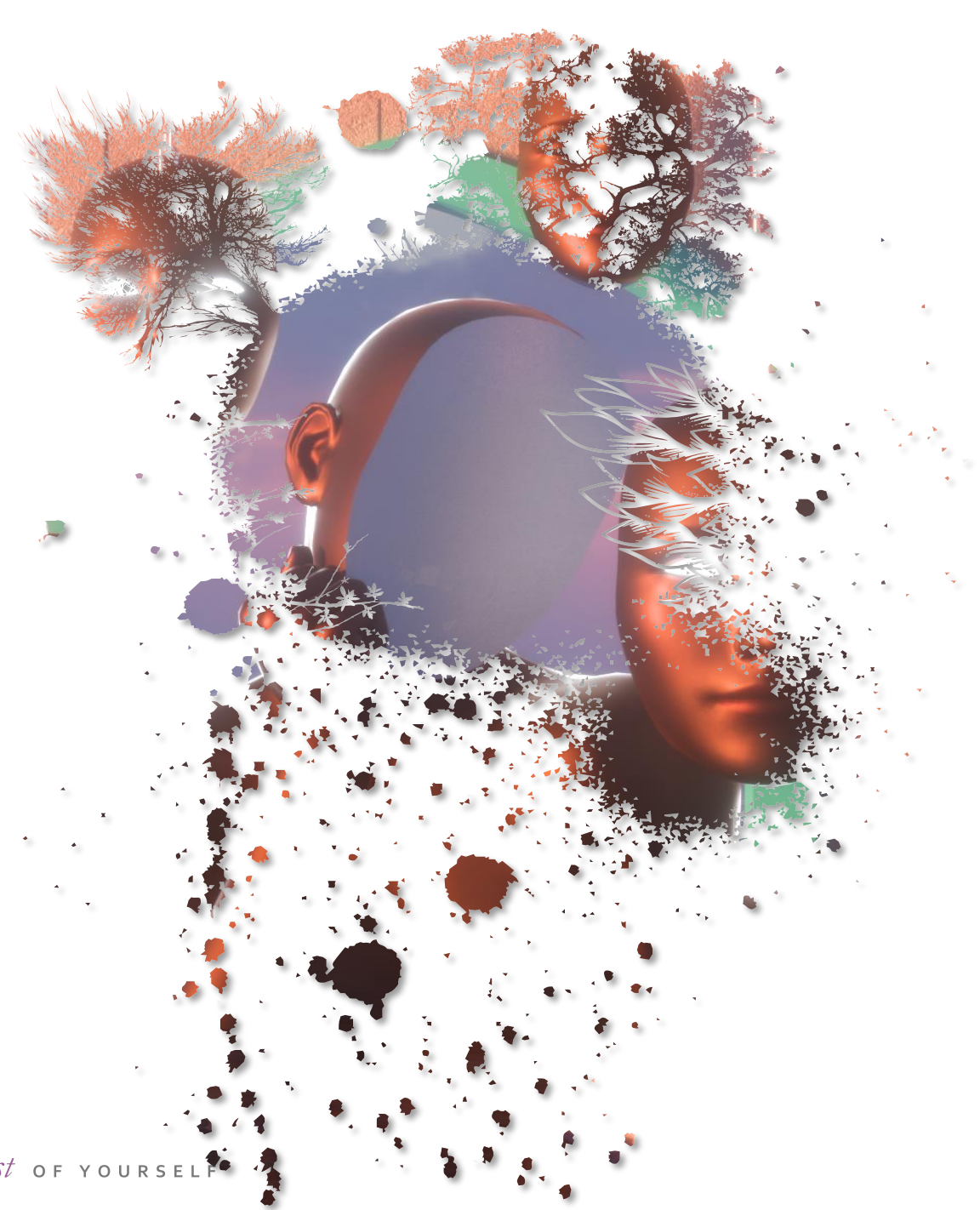
Crisis vs. Capital

As you discover yourself, build
your **Unique Identity**

IDENTITY: Capital vs. Crisis

Definitions – Identity Crisis

- » Identity crisis can be defined a period of uncertainty and confusion in which an individual's sense of identity becomes unstable or insecure.
- » Identity insecurity results from:
 - Transition from one stage of life to another
 - Life-changing experiences
 - Change in societal expectations





IDENTITY: Capital vs. Crisis

Definition – Identity Capital

- » Identity capital is the collection of personal assets. It is the repertoire of individual resources you assemble over time.
- » They are things that you've done long enough and are good enough in. Such things would go on your résumé.
- » Examples of identity capital:
 - Volunteer work
 - Skills
 - Degrees (on-line courses)
 - Job (side-hustles) and life experiences
- » Identity capital becomes the currency you use to get jobs and build relationships.
- » Your identity capital can become what you are known for (a notable project) and gain you some attention till you do something significant in your career.

IDENTITY: Capital vs. Crisis

As you discover yourself, build your unique identity

- » As you go through identity crisis, build your identity capital—*the qualities that define you*.
 - There must be a balance between the two; more of either is unhealthy.
- » Things to consider when working on your identity capital:
 - Constructing a reasonable story about your past, present, and future.
 - How what you've done relates to what you want to do now and what you want to do in the future.
 - Being careful about taking jobs that would hurt your identity capital.
- » It is okay to be motivated to tweak your actions by others on the same path, but don't get carried away trying to copy them—it might not work for you.
- » If you are forced to pick a job that's lower than your qualification, choose the job that adds more to your identity capital.



Power of Forward
THINKING

The brain, like any muscle in the
body, gets stronger through
Regular Exercise





Power of Forward Thinking

Definition – What is Forward Thinking?

- » Forward thinking refers to:
 - How you think and act even (and especially) in uncertain situations (i.e., the future).
 - Forward thinking helps you turn abstract goals into concrete steps to reach said goals.

The brain, like any muscle in the body, gets stronger through **Regular Exercise**.

- » The intelligence needed to thrive in school is different from the one needed to thrive in the real world.
 - School intelligence deals with solving problems with clear answers and defined time limits.
 - Intelligence in the real world helps us make decisions when there are adult dilemmas—problems that don't have “right answers”.

Power of Forward Thinking

The brain, like any muscle in the body, gets stronger through Regular Exercise

- » The front of the brain (responsible for forward thinking) is the last to develop.
 - Because of this, younger people have a harder time planning for the future.
- » However, getting better at forward thinking takes practice and experience. Thus, the earlier you start, the better.



The more you use your brain, the more brain you will have to use.

George A. Dorsey

URBAN TRIBE

—*False Comfort*

Helps you survive, but doesn't help
you thrive



Urban Tribe—False Comfort

Definition – The Urban Tribe

- » The Urban Tribe can be defined as like-minded peers with whom you spend a bulk of your free time with.

Characteristics of the Urban Tribe

- » Your urban tribe consists of people with whom you have...
 - Strong ties
 - A lot in common
 - Shared experiences and assumptions
 - Same lingo
- » Your urban tribe often includes:
 - Close friends
 - Roommates
 - Partners
 - Work colleagues

Urban Tribe—False Comfort

Helps you survive, but doesn't help you thrive

The table below shows the contrast between urban tribe (people you have Strong Ties with) and Weak Ties.

Table: Contrast Between Urban Tribe and Weak Ties

Urban Tribe	Weak Ties
1. Sense of belonging—keep you grounded emotionally and socially	1. Forces you out of your comfort zones (in reasoning and dialogue)
2. Have little to offer professionally	2. Often responsible for job opportunities
3. Holds you back from facing the unknown	3. Promote and even force thoughtful growth
4. Provide you with the same information and regularly, the same perspective	4. Usually bring dramatic changes (often the source of life-changing information)