



Your journey towards **SELF**

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Identifying Your Current Mindset

Reflection is the first step in understanding where you currently stand. Here are a series of questions aimed at helping you identify your mindset: Read each statement slowly and answer honestly. Choose what feels closest to your experience: **Never, Sometimes, Often, Almost Always**

1. A small mistake can stay in my mind for hours or even days.
2. I get anxious thinking people might notice something “wrong” with me.
3. Even after doing many things right, one small mistake ruins my confidence.
4. I over-explain myself because I’m scared of being misunderstood or judged.
5. I feel embarrassed easily, even for normal human things.
6. Before trying something new, my mind quickly imagines failure, rejection, or humiliation.
7. I feel pressure to “do things perfectly” to avoid criticism.
8. When someone’s tone changes slightly, I assume I did something wrong.
9. I replay conversations in my head and think about what I “should have said.”
10. I apologize quickly, even when the situation is not completely my fault.
11. I hesitate to express myself fully because I fear looking stupid, awkward, or annoying.
12. Small criticism affects me more deeply than I show externally.
13. I sometimes feel like I need to earn acceptance by behaving correctly all the time.
14. When I make mistakes, I become harsh, insulting, or disappointed with myself internally.
15. I avoid certain opportunities because I fear making mistakes or embarrassing myself.
16. I compare myself with people who seem more confident, capable, or emotionally strong.
17. I often feel “behind” in life because of fear, overthinking, or self-doubt.
18. I struggle to relax because a part of me is always trying to avoid doing something wrong.
19. I feel emotionally exhausted from constantly analyzing myself.
20. Deep down, I fear that if people see the “real me,” they may judge, reject, or disrespect me.

If most of your answers are “often”, “almost always” then you may have developed a habit of being overly hard on yourself. Small mistakes, criticism, or fear of judgment may affect your confidence more deeply than you realize. The goal here is not to label ourselves, but to understand where we are going with all these beliefs and how we can get over it.

Growing Up, Did You Experience Things Like:

- Being corrected more than appreciated
- Feeling scared of disappointing people
- Being called “too sensitive” when hurt
- Getting judged for small mistakes
- Feeling like love or approval depended on performance
- Being compared with siblings, cousins, or others
- Feeling embarrassed after making mistakes
- Having to “behave properly” all the time
- Feeling emotionally unsafe expressing yourself fully
- Overthinking before speaking to avoid saying something wrong
- Feeling responsible for keeping peace around others
- Learning to hide emotions to avoid criticism
- Feeling like mistakes made you “less worthy”
- Fear of authority figures, teachers, parents, or dominant people
- Insight:** Being noticed more for flaws than strengths

If many of these feel familiar, your self-blame may not be your personality. It may be a survival pattern your mind learned to stay emotionally safe. When a person is repeatedly criticized, shamed, ignored, or emotionally pressured, the brain can become hyper-alert to mistakes.

With time small errors feel dangerous, criticism feels deeply personal, confidence becomes fragile and self-worth starts depending on “doing things right”

ACTIVITY TIME

Step-1: Write down the negative beliefs you hold about yourself and try to look at them logically instead of emotionally. Every other task which makes you question self, try finding any of these labels for it and change your perspective towards it.

Step-2: Ask yourself whether these things:

- can be corrected
- can be learned,
- improved with practice,
- or were simply normal human errors

Many times, we turn temporary struggles, lack of experience, or small mistakes into permanent beliefs about who we are

Building Confidence

Confidence is built when you start doing things that give you a sense of control, growth, and capability. Your brain needs evidence that you are progressing. (Highly recommend you to watch videos on confirmation bias and neuroplasticity)

Pick one small activity, hobby, skill, or habit that you can start consistently – even if it feels small.

Why you need to do this: It shows you proof, proof that you are not stupid, careless or talent less and you can definitely trust yourself, because you can actually (honestly)

It could be:

- learning something new,
- exercising,
- speaking more openly,
- creating content,
- reading,
- joining a class,
- or anything that helps you feel movement in life.

The more your brain sees progress and effort, the more it slowly starts reconnecting with your sense of worth and capability.

Cookie point: Any activity that you are learning, try learning with perspective of becoming pro in it. Watch content on it, act on it, think on it, talk to friends about it. (I have applied that to Yoga, strength training, reading, and diet planning) like my whole personality was around it.

Small letter for you

Dear you, who is reading this,

See, whatever you know about yourself, feel, believe, or even imagine – all of this is learned. Learned through parents, teachers, friends, environment, relationships, what you watch, and how you talk about yourself.

Just while reading this, imagine if you were born in the US, Africa, Sweden, or any other part of the world, with a different family and culture. Your thoughts, ideas, goals, dreams, choices basically everything about yourself would have been completely different, which proves that nothing you believe about yourself is absolutely real – literally nothing.

And that's the most beautiful advantage of being human: you can believe anything about yourself, and your brain will start acting accordingly, always. But for those beliefs, you have to show your brain proof. And the first proof is getting out of your autopilot mode, your survival mode.

The first step towards getting out of it is to BREATHE. (I know it sounds crazy.) But trust me, we don't even breathe properly, as if a lion is chasing us all the time, whereas there is no lion. Maybe it's only in your head, just an illusion.

So learn to breathe consciously, at least 5 minutes a day. Practice deep breathing, connecting with yourself, feeling yourself, your soul, and God within you.

And trust me, once you start feeling yourself in these 5 minutes, you'll want more of it. Replicate this while cleaning, washing, travelling, working – just being conscious, being present – and see the magic happening. You'll start experiencing something about yourself that you never thought you would.

Yes, it's that easy.

I know your brain craves something fancy, a 5-step routine and all that stuff, but I believe life exists in all these small things which we avoid the most.

So it's time to let your beliefs leave your mind. Look at them, question them, think logically about them, and let them move.

Sending you all the love. I hope you made it through this letter and felt something that I am feeling while typing this.

Feel free to reach out to me on Instagram or email, or mention me if you end up doing any of these activities.

With love,

Jass