

### **Day 3: Reflective Questions and Affirmation**

#### **Reflective Questions:**

How do you think your closest friend perceives you?

What traits or qualities do you believe they would attribute to you?

Is there a gap between how you think others see you and how you see yourself?

If yes, what could be contributing to this gap?

Think about a time you changed your behavior due to how you thought someone else perceived you.

Was the change positive or negative, and why?

How often do you consider other people's perceptions before making decisions?

Is this consideration freeing or limiting for you?

If you could control how everyone perceives you, what is the one thing you would change?

Why is that aspect important to you?

**Affirmation for Day 3:**

***"I am more than others' perception of me. I am the creator of my own reality and the master of my self-image."***

## **Text Activity 1: Your Perceived Qualities**

### **Objective:**

Zero in on the traits or qualities you believe others see in you.

### **Instructions:**

Write down five traits or qualities you believe others perceive in you.

Next to each, note an instance where you've exhibited this trait or quality in the presence of others.

Is this how you genuinely are, or is it a persona you put on because it's what you think others expect?

## **Text Activity 2: Perception Reality Check**

### **Objective:**

Cross-reference your self-perceptions with external feedback.

### **Instructions:**

Think of a recent experience where someone offered feedback about you, either directly or indirectly.

Compare this external perception with your self-perception. Were they in alignment? What discrepancies did you notice, if any?