

Self-Analysis: Building a More Efficient Me

Overall, I am very happy in life. I have enjoyed many successes, and I am genuinely grateful for my day-to-day experiences. I believe that I have worked very hard over the last few years to allow myself to enjoy these successes. However, for as long as I can remember, I have struggled with developing good habits. I have tried many times to become a more well-regimented person, but with little long term success in maintaining these habits. I would like to use this opportunity as a meaningful way to look deeper into what developing these habits look like, both scientifically and emotionally. I will begin by looking into the potential causes of my struggle with developing good, regimented habits. The three areas in which I would most like to improve are managing my finances, eating healthier, and becoming a more productive worker.

The concept of the id lies at the heart of our inherent poor habits. The id is the proverbial “devil on our shoulder”. It attempts to satisfy our most primitive desires such as hunger and sexual aggression. The id is the core instinctive component of personality. It responds unconsciously to various urges and desires. It operates outside of reality and conventional logic, and is unchanged over one’s lifetime. Contrarily, the ego is the part of personality that seeks to balance the urges of the id, and the realities of the outside world. The ego has higher-level capabilities than does the id, giving it “executive power” in our everyday decisions. It works by reason, rather than by instinctive desire.

The id is what compels me to go for the cheesecake at the dining hall, or to purchase the \$8 sunglasses off of the street that conventional logic would tell me I don’t really need. The most sound dietary and financial decisions will be made when my ego is able to compromise, rather than giving in to my id. While I would like to whittle down the power of

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