

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

Self Analysis Speech Paper

ML Morrison



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Self Analysis Speech Paper Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Self Analysis Speech Paper**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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