



# MODULE THREE

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## Getting to Know Yourself Through Other People's Eyes



## Introduction

**Knowing yourself is an important step to achieving happiness and peace. In this module, we will learn your true self, identify the qualities that make you unique and special through external social research exercise intensively. It will help you to reflect and cultivate a deeper understanding of your identity. As time goes on, you can build on these discoveries to create a deep and meaningful relationship with yourself.**

**This module is not about being critical of yourself or others around you, but simply to gain a deeper understanding of yourself and how to reflect on what's working and not working for you in order to gain deeper fulfilment in life.**

**What other people say to you can NOT fully determine who you are and how you act in life, but others' opinion will definitely help you to gain a deep and fresh perspective on yourself and help in your growth.**