

# Personal Development Portfolio:

*Abridged Version: full document contained some personal information which I am reluctant to share online.*

## Self-Awareness:

Prior to the module's guidance, self-awareness was typically an area of introspection that I struggled with. I am often plagued by intrusive thoughts which arrive without reason, yet I have previously failed to challenge them and create logical chains of reasoning. I identified this as a key area of development: *to challenge and understand my intrusive thoughts and emotions*. I felt that creating a longitudinal study which included both emotions and thoughts was the best route, as often my emotions did not have a justified reason/thought which motivated them. Enhanced and measured self-awareness allowed me to challenge my intrusive thoughts, leading to greater overall calmness. However, as per Dr. Adarves-Yorno's guidance, I tailored the study to my personalised tastes to include music. Within the social sciences, music is a rich area of study for theories of identity, meaning that my study would be both personalised to me and provide me with deeper insight into my personality. Holistically, the interplay between a personalised study and richer self-awareness was massively beneficial in aiding my personal change, allowing me to become more understanding and compassionate towards myself.

## Methodology:

Adapting data collection strategies from both the mood and thought diary techniques, I synthesised an approach which allowed me to record both my overall daily mood in addition to specific situational thoughts. I felt that only including negative thoughts/situations in the mood diary was unproductive, as recognising positive thoughts and their origin was just as important to my personal self-awareness. Positive thoughts were not challenged for obvious reasons, instead I noted how to reproduce them.

The study was undertaken for four weeks, with three forms of data collection occurring every day. I would choose a song which I feel represented my emotions at the time and extrapolate my emotions from the nature of the song. If my emotions were complex/I was unsure of what I was feeling, only the song was noted with the option of adding in an emotion at a later date. This structure allowed me to relate my feelings to one of my passions and gain enhanced insight into my negotiation of personal emotions. The purely quantitative measure of ranking the days out of 10 allowed for some clear graphing over time.

The songs were categorised into two playlists: one for overall mood and one in chronological order for the week. By the end of the study, I had playlists for sadness, anxiety, anger, happiness, excitement, and relaxation. Even after the study has been completed, I still listen to the playlists I created. This was a nice additional output from the study where the personalised approach has created supplementary value.

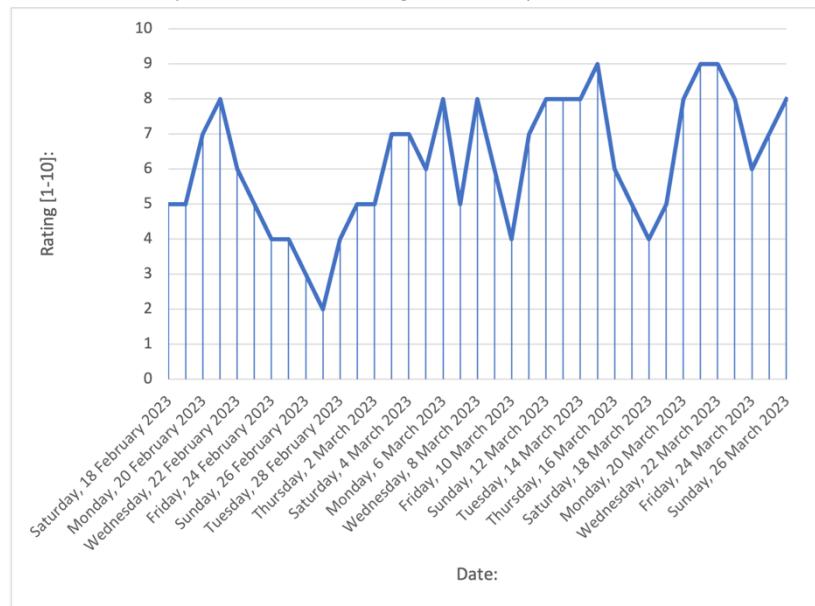
Data:

Table 1: Music Based Mood/Thought Diary

Date:	Song:	Rating [1-10]:	Emotion:	Situation:	Challenge/Repton:
Saturday, 18 February 2023	<i>Ray's Tune- Fontaines D.C</i>	5	Anxious	Hungover from Friday 17 February, friends birthday party. Anxiety over night before despite having a nice night at the time.	I am allowed to have a nice evening! In order to prevent this later on, should drink less!
Sunday, 19 February 2023	<i>Conveniency - Nia Archives</i>	5	Anxious	Coached rugby training, feel the boys were nervous before cup game on Wednesday. Made me similarly concerned.	Despite being a large part of my university life, loosing a game isn't the end of the world. Be proud of the efforts.
Monday, 20 February 2023	<i>Make Me - Borai &amp; Denham Audio</i>	7	Excitement	Received some positive feedback from dissertation advisor during a meeting.	Keep working hard and being prepared!
Tuesday, 21 February 2023	<i>Everything You Do Is A Baloon - BoC</i>	8	Relaxed	After being told my dissertation was in a good place, felt very relaxed during the day and was able to take some free time.	Continue to manage work/life balance.
Wednesday, 22 February 2023	<i>Jenny Was A Friend Of Mine - The Killers</i>	6	-	Call with doctors, GP advised to increase medication dosage to help with overall mood.	-
Thursday, 23 February 2023	<i>Bugging! - brakence</i>	5	Anxious	Anxious over how increase in medication dosage will affect me, becoming more wary of upcoming dissertation deadline.	Advisor confirmed dissertation was in a good place. Medication changes are normal and you have dealt with it in the past.
Friday, 24 February 2023	<i>Song For The Sleepless - Ollie NM</i>	4	Sadness	No external reason for sadness, assumed was medication. Had a tough day and was very stressed.	Be compassionate to yourself given the situation. It will be okay.
Saturday, 25 February 2023	<i>Blinded By The Lights - The Streets</i>	4	Sadness	Struggled to get up, continued feelings from day before. Poor nights sleep didn't help either, felt lethargic all day but tried to work.	Take a rest, not every nights sleep is going to be amazing.
Sunday, 26 February 2023	<i>Adam's Song - blink-182</i>	3	Sadness	Burnt out.	Everyone needs a break, dissertation can wait!
Monday, 27 February 2023	<i>Without You - Busted</i>	2	Sadness	Felt I was letting work slip away from me so close to deadline.	Be proud of what you have done. There's plenty of time left.
Tuesday, 28 February 2023	<i>Teardrop - Massive Attack</i>	4	Sadness	Bored of feeling sorry for myself. Spent the day doing nothing but did lead rugby training which was a nice break, helped me sleep too.	It's the start of being productive, try to understand that and work on it tomorrow.
Wednesday, 1 March 2023	<i>Pieces - Sum 41</i>	5	Anger	Angry over changing medication dosage so near to dissertation deadline, annoyed that I decided to go along with that decision.	Heed advice from yesterday, some anger is good to motivate yourself. But make sure not to beat yourself up.
Thursday, 2 March 2023	<i>1999 - EV</i>	5	Anger	Continued anger from yesterday. Compounded by lots of admin in order to sort house for next year. Decided to be as active as possible and prepared work for tomorrow.	Make sure anger is used productively, preparations are good to collect thoughts and have a clear action plan.
Friday, 3 March 2023	<i>Mr Majestic - High Contrast &amp; Calibre</i>	7	Happiness	Woke up feeling far more positive, made sure to get back into work slowly but was pleased with the rest I had taken.	Preparation is key, follow the plan and be forgiving for time you spent off.
Saturday, 4 March 2023	<i>Intro - Calibre</i>	7	Happiness	Back into work grind, went out for a meal with the house too. Very positive.	Varying activities in evening good, must plan more with housemates.
Sunday, 5 March 2023	<i>If You Wait (Calibre Remix) - London Grammar</i>	6	-	Training, work, bed.	-
Monday, 6 March 2023	<i>Sg - brakance</i>	8	Excitement	Nearly finished first draft of dissertation. Also clubbing!	Hard work pays off, make sure to enjoy your efforts!
Tuesday, 7 March 2023	<i>So Tell Me... - Nia Archives</i>	5	Anxious	Leading training did not go as expected, had to speak with some team members over their commitment. Felt I could have handled the situation more calmly.	Not every situation can be dealt with perfectly, emotions often get in the way. Make effort to reconcile with them.
Wednesday, 8 March 2023	<i>Olson - BoC</i>	8	Relaxed	Dissertation completed! Need to cut words but no more writing! Far more chilled about workload.	Stick to action plans, far more relaxed when you work to your predetermined schedule.
Thursday, 9 March 2023	<i>Always - Shy FX</i>	6	Anxious	Argument with a house mate, felt I had offended them even though they had been rude to me first.	Arguments happen, make an effort to reconcile and understand each others perspective.
Friday, 10 March 2023	<i>Fever - DJT</i>	4	Sadness	Argument continued with house mate, ended up spending Friday in alone when they went out.	Both too emotional when initially trying to reconcile, take another day and try again.
Saturday, 11 March 2023	<i>Water - Bicep</i>	7	Relaxed	Reconciled with housemate, both agreed we were being petulant. Went for a drink together and made up. Weight off my mind.	Don't try to avoid all arguments, but allow people time to cool off before reconciliation attempts.
Sunday, 12 March 2023	<i>Difficult Times Freestyle - The Streets</i>	8	Happiness	Training, met some friends for a walk in the afternoon. Got some work completed too!	-
Monday, 13 March 2023	<i>Counting Stars - Nujabes</i>	8	Relaxed	Chilled Monday, final dissertation meeting went well!	-
Tuesday, 14 March 2023	<i>Pretty Green Eyes - Ultrabeat</i>	8	Excitement	Big game scheduled for Wednesday, boys seemed very up for it at training. Excited to play.	-
Wednesday, 15 March 2023	<i>Aztec - Spar</i>	9	Excitement	We won! Big celebration planned for evening.	-
Thursday, 16 March 2023	<i>Bad After We - Shy FX &amp; Kojey Radical</i>	6	Anger	Very stressed about deadline despite work being completed, felt angry that I should have left more time for refinement. Also hungover.	You needed a break from working and deserved to celebrate the match win. Time management has been good enough before that the deadline shouldn't be an issue.
Friday, 17 March 2023	<i>A New Kind Of Love - Frou Frou</i>	5	Anxious	Working super hard to ensure dissertation was perfect, anxious as final few days.	No project can be absolutely perfect, be content with what you've done. So long as you can say it is to the best of your ability.
Saturday, 18 March 2023	<i>Hey Saturday Sun - BoC</i>	4	Sadness	Feeling low.	Reading over the same document can drive anybody insane. Recognise you are burnt out!
Sunday, 19 March 2023	<i>Destiny - Zero 7</i>	5	Sadness	Last day! Felt like I've given up despite the project being finished. Sad to stop working on it too, has been enjoyable.	You have done enough!
Monday, 20 March 2023	<i>Sixtyniner - BoC</i>	8	Relaxed	Dissertation finished! Big weight off my mind and time for a break.	Well done!
Tuesday, 21 March 2023	<i>Charlie Brown - Rejjie Snow</i>	9	Excitement	Had some free time with no work on, went out clubbing with friends and had a lazy day.	-
Wednesday, 22 March 2023	<i>What A Waster - The Libertines</i>	9	Excitement	Same again!	-
Thursday, 23 March 2023	<i>Shiela - Jamie T</i>	8	Happiness	Tired from going out now, but still very pleased about the dissertation. Enjoying the downtime and social life!	-
Friday, 24 March 2023	<i>Up All Night - Blink 182</i>	6	Anxious	Repeated evenings getting to me, need a break and a rest. Also, post-submission nervousness for dissertation.	Clear reason for feeling a touch anxious. Take a break (especially from drinking) and allow your mind to relax.
Saturday, 25 March 2023	<i>LK - DJ Marky</i>	7	Excitement	Went to the beach with house mates, packing for train home.	Plan more trips out to occupy your time, they definitely help mental health too.
Sunday, 26 March 2023	<i>Everyday - DJ Limited &amp; Dominator</i>	8	Excitement	Home to see parents!	-

Table 2: Corresponding Playlists

Sadness:	Anxious:	Anger:	Happiness:	Excitement:	Relaxed:	Uncategorised:
Song For The Sleepless - Ollie NM	Ray's Tune- Fontaines D.C	Pieces - Sum 41	Mr Majestic - High Contrast & Calibre	Make Me - Borai & Denham Audio	Everything You Do Is A Baloon - BoC	Jenny Was A Friend Of Mine - The Killers
Blinded By The Lights - The Streets	Conveniency - Nia Archives	1999 - EV	Intro - Calibre	Sg - brakance	Olson - BoC	If You Wait (Calibre Remix) - London Grammar
Adam's Song - blink-182	Bugging! - brakence	Bad After We - Shy FX & Kojey Radical	Difficult Times Freestyle - The Streets	Pretty Green Eyes - Ultrabeat	Counting Stars - Nujabes	
Without You - Busted	So Tell Me... - Nia Archives		Shiela - Jamie T	Aztec - Spar	Sixtyniner - BoC	
Teardrop - Massive Attack	Always - Shy FX			Charlie Brown - Rejjie Snow		
Fever - DJT	A New Kind Of Love - Frou Frou			What A Waster - The Libertines		
Hey Saturday Sun - BoC	Up All Night - Blink 182			LK - DJ Marky		
Destiny - Zero 7				Everyday - DJ Limited & Dominator		
8	7	3	4	8	5	2

*Graph 1: Mood Rating Line Graph Over Time:*

### Reflection:

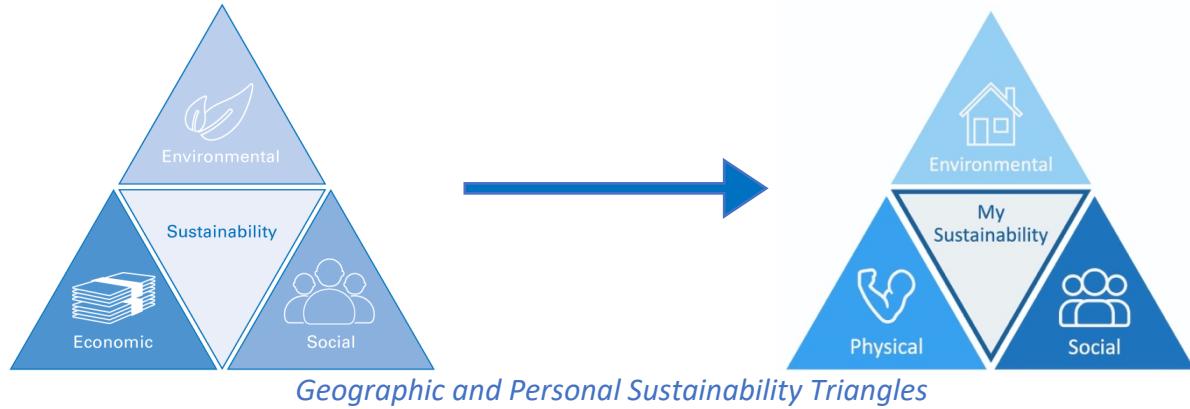
From the data, I was able to become more self-aware of sensitivity towards external socio-contextual events. Despite discussing how I do not like to appear externally 'weak', it was more apparent that I fundamentally care for other people and what they think of me. I additionally found the process of challenging the intrusive thoughts as highly useful, as it allowed me to formulate logical chains of reasoning to reduce stress caused by external events. The mood graph did show that my mood was quite variable, with quick changes and rapid rises/falls. Looking to manage this in the future through sustainable personal goals is the most important thing for me right now.

With reference to the process, denoting my emotions after establishing a song was both thoroughly enjoyable and highly personalised. Sometimes my emotions can be complex, and extrapolating out from a constant source was a useful practice. Moreover, the process of understanding positive thoughts and looking to repeat them in the future was very appropriate in my methodology, as valorising positive emotions can help improve overall mood in the future. Going forward, the process was quite intense as I had to note down numerous forms of data collection. When continuing this approach, I would scale it back to just a song and emotion.

### Personal Goals:

I believe that incremental and sustainable change through the formation of targeted personal goals is the best method for me. Consequently, I adapted the geographical 'Sustainability Triangle' (Goodland, 1995) to suit my personal needs. For me, economic issues are not particularly problematic given the help from the student loan. I swapped this for a physical vector; something which I feel matters to my development. The model is extremely simple and currently disappearing from academic discourses (Chang, 2013). However, for my purposes, it satisfies my needs. Stemming the self-awareness process, I decided to develop my sociability and kindness, motivation, and active listening/attentiveness. I decided against leadership goals as I completed other modules which explored this topic, with personal

development being more tailored in this process. For all goals, the process of designing my own system was highly beneficial, as it allowed for targeted data collection and kept the process interesting for sustained engagement.

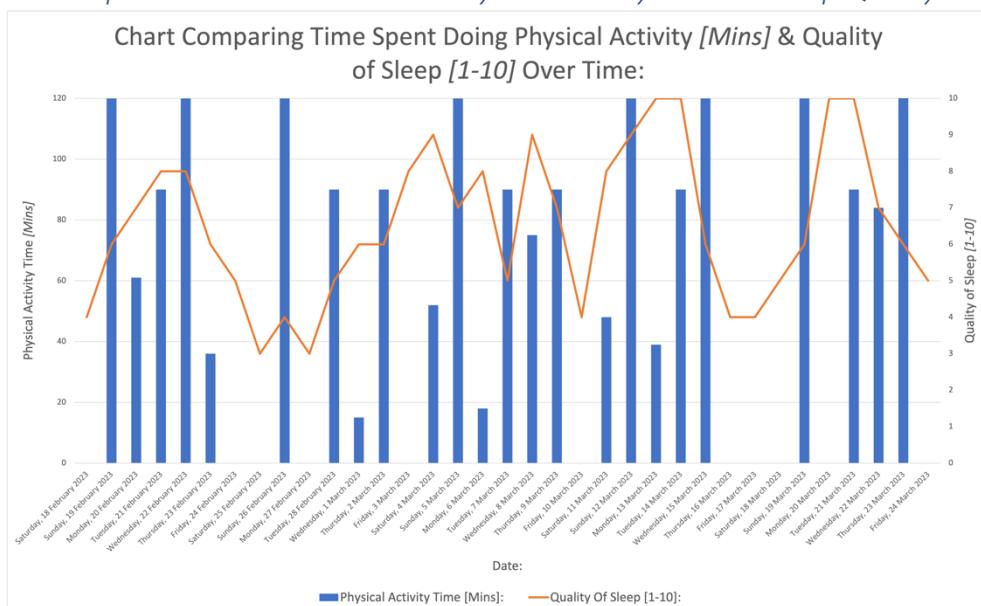


Physical Goal:

*Table 3: Physical Activity Sleep Quality Chart*

	Metric/Day:	Saturday:	Sunday:	Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Averages [2 D/P]:
Week:	[1] 18th Feb - 25th Feb	-	Rugby Training	Gym, Run	Rugby Training	Game	Walk Alone	-	-
	Physical Activity Type:	-	-	-	-	-	-	-	85.40
	Physical Activity Time [Mins]:	-	120	65	90	120	36	-	860.33
	Step Count:	5783	12204	9934	10475	7628 & 6000	7643	5581	7.71
	Hours Slept [Nearest Hour]:	7	8	8	9	6	7	9	6.29
	Quality Of Sleep [1-10]:	4	6	7	8	8	6	5	5.71
	Mood Diary Score:	5	5	7	8	6	5	4	-
[2] 25th Feb - 4th March	Physical Activity Type:	-	Rugby Training	-	Rugby Training	Run	Rugby Training	-	-
	Physical Activity Time [Mins]:	-	120	-	90	15	90	-	78.75
	Step Count:	3718	6722	5104	9430	3185	8457	4828	5920.57
	Hours Slept [Nearest Hour]:	5	6	5	7	7	8	9	6.71
	Quality Of Sleep [1-10]:	3	4	3	5	6	6	8	5.00
	Mood Diary Score:	4	3	2	4	5	5	7	4.29
[3] 4th March - 11th March	Physical Activity Type:	Gym	Rugby Training	Run	Rugby Training	Gym, Walk With Friend	Rugby Training	-	-
	Physical Activity Time [Mins]:	52	120	18	90	75	90	-	74.17
	Step Count:	8482	10505	6647	10134	8919	7796	3353	3976.57
	Hours Slept [Nearest Hour]:	10	8	9	8	8	7	5	7.86
	Quality Of Sleep [1-10]:	9	7	8	5	9	7	4	7.00
	Mood Diary Score:	7	6	8	5	8	6	4	6.29
[4] 11th March - 18th March	Physical Activity Type:	Gym	Rugby Training	Walk Alone	Rugby Training	Game	Rugby Training	-	-
	Physical Activity Time [Mins]:	48	120	39	90	120	-	-	83.40
	Step Count:	6712	9046	7549	8972	11332 & 6000	1867	4572	6453.00
	Hours Slept [Nearest Hour]:	8	9	10	11	8	8	6	8.57
	Quality Of Sleep [1-10]:	8	9	10	10	6	4	4	7.29
	Mood Diary Score:	7	8	8	8	9	6	5	7.29
[5] 18th March - 26th March	Physical Activity Type:	-	Rugby Training	-	Rugby Training	Gym, Run	Rugby Training, Gym	-	-
	Physical Activity Time [Mins]:	-	120	-	90	64	126	-	105.00
	Step Count:	3356	7473	5456	11064	11303	9969	3085	3986.57
	Hours Slept [Nearest Hour]:	5	7	5	6	7	7	10	7.00
	Quality Of Sleep [1-10]:	4	6	10	10	7	6	5	7.00
	Mood Diary Score:	4	5	8	9	9	8	6	7.00

*Graph 2: Correlation Between Physical Activity Levels & Sleep Quality*



Stemming from initial introspective practices and my longstanding issues with sleep, I decided to centre this goal around both physical activity and hours/quality of sleep. The purpose of this was to improve overall sociability and kindness, as my sleep often impacts my mood and therefore my treatment of others. Instead of attempting to measure my own sociability and kindness, this goal was twinned with part of the peer feedback questionnaire which quantitatively and qualitatively measured my improvement over time.

*Table 4: Results From Feedback Pertaining to Physical Goal*

	Feedback 1 (Dad)			Feedback 2 (Housemate)			Feedback 3 (Girlfriend)			Feedback 4 (Teammate)			
	Pre PDP	During PDP	Post PDP	Pre PDP	During PDP	Post PDP	Pre PDP	During PDP	Post PDP	Pre PDP	During PDP	Post PDP	
Section 2: Question 4	I Am Often Well Rested & Alert	3	3	4	2	3	5	2	4	4	2	3	3
Section 2: Question 5	I Am A Kind & Loving Person	4	5	5	2	4	4	4	4	5	1	2	4
Section 2: Question 6	I Am Often Irritable	4	3	3	5	3	2	2	1	1	5	4	2

With a conscious effort to increase physical activity, my quality of sleep increased over time during the PDP; with the final two weeks having the highest average of hours slept, quality of sleep and physical activity time. Reflecting on both data sets, I had a clear marked improvement in kindness and sociability over time which echoed the gradual increase over four weeks.

My mood was a clear factor which impacted my activity levels, with low mood scores correlating with low active minutes and therefore poor sleep quality. Finding motivation to be active during these periods can be difficult, however a conscious effort was made to try and push through. Feeling insecure/unhappy can limit me from going to the gym, as they are often places of judgement and pressure. Similarly, going for public runs can also cause issue as you are subject to the judgement of passing strangers. These sociological factors did impact the number of active minutes during low periods, however they were less concern when I was feeling more positive. Additionally, being busy with my dissertation work did make finding time for activities difficult. However, I often felt more refreshed due to higher sleep quality, and therefore kind and sociable, when I had made time for activities during the day. My membership to the rugby team, consequently making me part of their social group, was key in increasing active minutes; as tri-weekly training and occasional matches allowed for both social interaction and increases to active minutes.

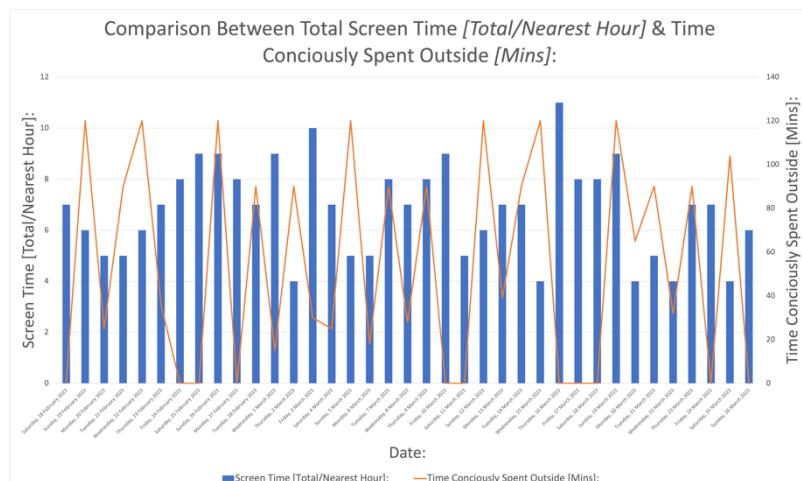
I believe the system worked well for me, as I have tracked both my sleep quality and active minutes before to stick to training plans. Localising the two metrics together and drawing conclusions was very useful, and something I will look to continue in the future. Through a cognisant awareness of my own sociability and kindness, I feel I was able to engage in personal development through improvements to my physical health.

## Environmental Goal:

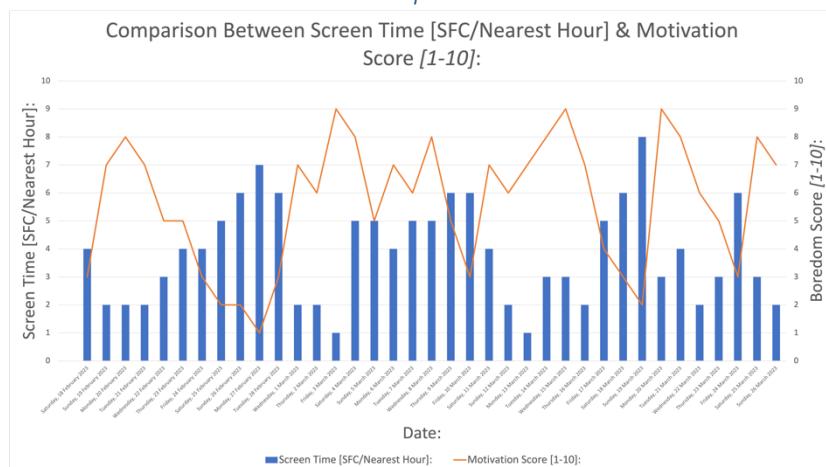
Table 5: Screen Time &amp; Outside Time Affecting Motivation

Date:	Screen Time [Total/Nearest Hour]:	Screen Time [SFC/Nearest Hour]:	Time Conciously Spent Outside [Mins]:	Motivation Score [1-10]:	Mood:	Mood Diary Score:
Saturday, 18 February 2023	7	4	0	3	Anxious	5
Sunday, 19 February 2023	6	2	120	7	Anxious	5
Monday, 20 February 2023	5	2	25	8	Excitement	7
Tuesday, 21 February 2023	5	2	90	7	Relaxed	8
Wednesday, 22 February 2023	6	3	120	5	-	6
Thursday, 23 February 2023	7	4	36	5	Anxious	5
Friday, 24 February 2023	8	4	0	3	Sadness	4
Saturday, 25 February 2023	9	5	0	2	Sadness	4
Sunday, 26 February 2023	9	6	120	2	Sadness	3
Monday, 27 February 2023	8	7	0	1	Sadness	2
Tuesday, 28 February 2023	7	6	90	3	Sadness	4
Wednesday, 1 March 2023	9	2	-	7	Anger	5
Thursday, 2 March 2023	4	2	15	6	Anger	5
Friday, 3 March 2023	10	1	90	8	Relaxed	8
Saturday, 4 March 2023	7	5	30	9	Excitement	7
Sunday, 5 March 2023	5	5	25	8	Happiness	7
Monday, 6 March 2023	5	5	120	5	Happiness	6
Tuesday, 7 March 2023	8	4	18	7	Excitement	8
Wednesday, 8 March 2023	7	5	90	6	Anxious	5
Thursday, 9 March 2023	8	6	28	8	Relaxed	8
Friday, 10 March 2023	9	6	90	5	Anxious	6
Saturday, 11 March 2023	5	4	0	3	Sadness	4
Sunday, 12 March 2023	6	2	120	7	Relaxed	7
Monday, 13 March 2023	7	1	39	6	Happiness	8
Tuesday, 14 March 2023	7	3	90	7	Relaxed	8
Wednesday, 15 March 2023	4	3	120	9	Excitement	9
Thursday, 16 March 2023	11	2	0	7	Anger	6
Friday, 17 March 2023	8	5	0	4	Anger	5
Saturday, 18 March 2023	8	6	0	3	Sadness	4
Sunday, 19 March 2023	9	8	120	2	Sadness	5
Monday, 20 March 2023	4	3	65	9	Relaxed	8
Tuesday, 21 March 2023	5	4	90	8	Excitement	9
Wednesday, 22 March 2023	4	2	32	6	Excitement	9
Thursday, 23 March 2023	7	3	90	5	Happiness	8
Friday, 24 March 2023	7	6	0	3	Angry	6
Saturday, 25 March 2023	4	3	104	8	Excitement	7
Sunday, 26 March 2023	6	2	0	7	Excitement	8
Averages [2 D/P]:	6.78	3.86	53.43	5.65	-	6.19

Graph 3:



Graph 4:



The purpose of this goal was to observe my screen time, time spent indoors and my holistic motivation. I find that when I reduce screen time and perform some outdoors activity [*eg: walk, run, training*], I am far more motivated when trying to complete work. Moreover, short form content [*SFC*] can greatly reduce my overall productivity and motivation. Apps like TikTok encourage endless scrolling, which can divert and reduce my motivation for more constructive activities. Thus, the environmental goal encouraged both reduction of screen time and purposeful time spent outdoors to improve motivation.

From the data, days in which I consciously spent more time outdoors had both lower screen times and higher motivation scores. Specifically, a large difference was revealed between my motivation scores and time spent on short form content, with *Graph 4* showing a strong inverse relationship. Towards the end of the study, my time spent outdoors greatly increased, leading to higher motivation scores, lower screen time and improved overall mood.

The design of mobile apps did make the process harder, as they use certain socio-psychological techniques to increase screen time and scrolling time which reduces my overall motivation. Moreover, communicating with friends through apps such as Instagram and Snapchat are the main method of communication for my friendship group; meaning I felt external pressure to continue conversations on those platforms which increases screen time. Moreover, membership to the rugby club was again a key factor in increasing my time spent outdoors, with the data highlighted in red showing days which would have had no time spent outside if it wasn't for training. Stress was also a key factor, as the apps can provide respite and escapism from internal thoughts. During the process, times where I was more stressed are clearly marked by increased screen time, especially on short form content applications.

I felt the monitoring system was personalised to me as I do value time spent outdoors, holistically linking with the physical goal too. When my mood is low, I often spent time indoors and do not want to change my environment despite its impact on my mood and motivation. Consciously spending time outdoors apart from mindless traveling was an important methodological caveat, as I feel there is a big difference between the two experiences.

Social Goal:

Table 6: Meeting Friends & Drinking

	Date:	Activity:	Drinking?	How Actively Did I Listen?	Topics of Discussion:
Week: [1] 18th Feb - 25th Feb	Tuesday, 21 February 2023	Met my friend for a coffee in Pura Vida	No	6	Friend was talking over some issues with his university work. I provided some guidance on both theoretical aspects and mitigation application. Also spoke about planning for summer holiday and rugby tour.
	Wednesday, 22 February 2023	Had a few drinks after a lecture at the Ram	Yes	3	Speaking over what was discussed in the lecture at the start. After that we were just discussing general Exeter events. Cannot recall any specifics.
[2] 25th Feb - 4th March	-	-	-	-	-
	Monday, 27 February 2023	Met a friend in the pub for a chat to get me out the house	Yes	3	Mostly spoke about myself, was not in the headspace to listen to them. Needed company rather than support I think. Only topics of discussion were sports and drinking games.
[3] 4th March - 11th March	Sunday, 5 March 2023	Met some boys in the library after training	No	7	Spoke through some second year Geography work some of the younger members were struggling with. We had a laugh and a joke whilst similarly helping them get a solid plan completed.
	Saturday, 4 March 2023	Went out for a meal with my housemates	Yes	6	Discussed housing for next year and summer plans, distracted by the food but was good fun.
[4] 11th March - 18th March	Sunday, 12 March 2023	Walk with friends in afternoon	No	8	Walked and talked about upcoming plans for the rugby club, AGM and other events. Was very useful and I recalled it later on when helping with some admin.
	Wednesday, 15 March 2023	Clubbing in TP after rugby win	Yes	5	Had some good chats with the boys in Old Timers, discussed the game and other aspects of rugby. Remember specific conversations and jokes.
[5] 18th March - 26th March	Thursday, 23 March 2023	Went to the gym with my friend, grabbed lunch afterwards	No	9	Talked about progress in the gym and helping each other out. Lunch was discussing how glad we were the dissertation was in and going over some final queries to calm our nerves.
	Saturday, 25 March 2023	Beach trip with house mates	Yes	8	Sat in a pub at the beach! Spoke about what's been going on with each of us recently and our plans for Easter.

For many young men, their social lives revolve around drinking/going to the pub. I found that I usually don't meet my friends outside of events which involve drinking. Consequently, my active listening skills and attentiveness is usually far lower, as I am not fully conscious of the overall conversation. Therefore, my social goal was to improve my active listening through consciously introducing more non-drinking meet-ups and improving my attentiveness when drinking.

I feel that some external factors did impact my development, as some judgmental and backwards societal norms dictate that young men cannot engage in events outside of drinking. I definitely felt social pressure around this, especially at the start when meeting friends for coffee in Pura Vida. Additionally, my social group does valorise drinking, meaning it was difficult to suggest activities outside of this. Nevertheless, I persisted and was able to consequently improve my listening and attentiveness through the creation of non-drinking meet-ups.

The monitoring system worked well for me, as it still allowed for me to engage in the normalised group behaviours of drinking. Having a drinking and non-drinking event each week was key to improving my overall active listening skills and attentiveness. Noting topics of discussion and bringing them up in later conversations was also useful, as it allowed me to keep track of my progress and provide better support to my friends.

## Peer Feedback:

### Peer Feedback Questionnaire:

#### Leading Change in Practice Questionnaire:

##### Section 1:

Name:

Relation to Me:

##### Section 2:

*For the following questions, please answer numerically between 1-5. '1' would indicate you disagree with the statement, with '5' representing you fully agree with the statement.*

1. I am usually in a good mood.
2. When I am in a bad mood, it is easy for you to tell.
3. I communicate my feelings well.
4. I am often well rested and alert.
5. I am a kind and loving person.
6. I am often irritable.
7. I am a motivated person.
8. I value time spent indoors over time spent outdoors.
9. I am productive all the time.
10. I listen attentively.
11. I meet with friends outside of drinking.
12. I bring up topics of discussion from previous conversations and check up on you.

##### Section 3:

*For the following questions, please answer with a sentence or collection of words.*

1. How can I communicate my emotions more effectively?
2. Do you feel I am aware of my own actions and their consequences?
3. Do you think I understand my own strengths and weaknesses?

4. Do you feel I am a sociable person?

5. Can you recall a time where I have showed you kindness? How often?

6. Do you feel I am often happier and more attentive when I have been active?

7. Can you give an example of a time where I was motivated? How often?

8. Can you recall a time where you felt I was engaged in our conversation and listened attentively?

9. Do I often ask questions about yourself?

10. Please discuss actions which I can take to improve my attentiveness.

##### Section 4:

*For the following section, please move or rewrite the words beneath the target onto the picture. The centre is things that represent your view of me, the outside is things you think I am not.*



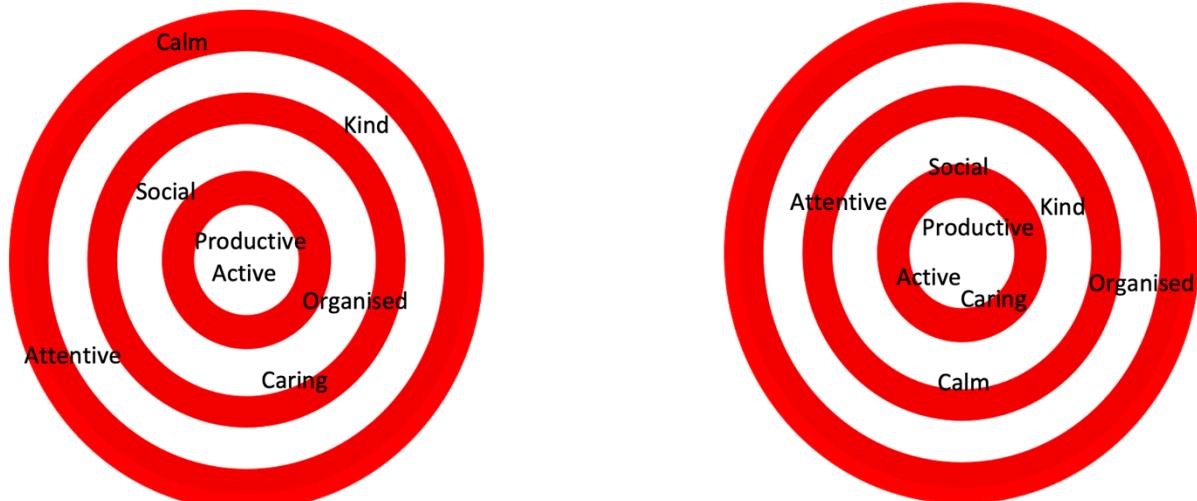
Kind, Attentive, Motivated, Productive, Caring, Active, Calm, Organised, Social

## Discussion:

I felt that choosing a questionnaire which combined qualitative, quantitative and illustrative data was the best approach for peer feedback, as it allowed for numerous forms of data collection and presentation. The questionnaire was split into three main sections, with questions pertaining to both the self-awareness activity and the three goals I established. Through this process, I wanted to achieve an understanding of other people's perceptions of me. I often worry about what people think, so gaining targeted insight into these areas would help to reduce some social anxieties and lead to more targeted later improvement. I was nervous to give people the form, as I feel that this process can be quite difficult. Therefore, I decided to only give the questionnaire to people close to me who I know would be understanding and kind. To avoid some potential protective biases, I asked that the form was filled out honestly. Overall, the form was given to the participants three times each: Pre PDP, During PDP, Post PDP. I found that when analysing the 'During PDP' data, the evidence of improvements I had made gave me more motivation to continue the study and enact more personal change.

I found the illustrative section was the most informative, as it allowed me to compare my personal construction of my socio-identity against that of others through visual means. Data can be useful, but real understanding can come through mixed methodological approaches which can provide easy comparisons. This allowed me to begin the first stages of conscious personal development [*as per the conscious personal development model*] and understand what I need to do to develop my personal attributes; thus achieving conscious incompetence. Moreover, the qualitative section allowed for some more deeper understandings to be synthesised, allowing me to understand what I need to do to enact personal change by

comparing the various answers against my own. Reflecting on the feedback allowed me to become more aware of how other people perceive me, and how I treat them in turn. This is a highly important factor to understand to ensure the continuation and growth of friendships; something which I especially rely on.



*Pre & Post PDP Targets From Housemate.*

Holistically, the peer-feedback process was highly useful to my personal development and allowed for more target understandings to be drawn and catalysed my progress through the conscious personal development model. I did notice some initial challenges in getting respondents to fully understand the process and its purpose. Especially in male social groups, general comprehension over personal development processes can be low, meaning it took careful guidance and explanation. I feel that the people who engaged with the feedback also took something away from the process, as I hope that it encouraged them to begin their own personal development journey.