

Personology

Mythology

by hima kathi

Prologue

Dear Reader,

The following pages are made up of journal entries dating all the way back to 2013. I was searching for threads to weave into hypothetical/nightmare futures, but instead I found a pattern. No, a paradox.

~Hima

Table of Contents

I AM.....	1
Catch 22.....	3
Futureproof.....	5
Schizophus.....	7
Stop / I'm Stressed / Procrastinating	9
<i>Sinhome</i>	11

I am HIMASRI I want to be good

but I don't know how!

I am

I am

I AM

I'm not

I'm not

I am

I don't know

I don't know,

I don't know

I know

I don't

i'm feeling kind of lost

I know

I know

I feel wrong

I think

I know

I know

I think I have

issues?

but I don't know

I don't know who I am

How can I stop it...

I feel like there's something wrong

help

I just have to love myself

but how?

I think I'm body of a shy indian girl

no one gives a shit about me

I suck at everything I do...

I can't ever do something good

I think I can **IMPROVE**

Everyone is getting better and I'm not

I always do things mediocre...

What's wrong w/ me

One day I shall be ideal

Hima The Second Self

daughter

friend

writer

traveller

scholar

confident o social o fun normal o adventurous ideal

o authentic o nice o knowledgeable o interesting

o loving interesting - creative - fit, healthy, hydrated - knowledgeable o funny

STRONG Interesting o genuine o care-free o fashionable

SELF INVESTMENT

This is the first step, right?

Five Yr Plan (25 yrs)

- live/lived in New York/SF
- embody the confident queen that I am
- small business/multiple sources of income (creative) (etsy/develop/youtubers)
- grad school plan OR
- plan to live abroad
- a partner/lover/adventure buddy

I can't do this because I'm being lazy

Life Goals

discipline:

- o surf more
- o get strong
- o camp more
- o motorcycle license
- o learn more about

travel

be creative

GOALS

I should be the best waste

Robin Hood

open Discover

owner of successful

Put Yourself Out There
 add to goals so I can stop wasting my life and be more productive.

- o learn to surf
 - o get a job
 - o succeed fully
 - o study for SAT
 - o spend a day in L.A.
- CARE LIST SELF
- backpack
 - for at least a week in a mountain range
 - be able to shortboard
 - motorcycle through the inside

EXERCISES

Before I graduate

Summer

2017

Bucket list

I choose to be better

love me.

I want to

learn how to

love myself

a list of things I want to be,
 Who I Want To Be.

cheat sheet

YOUR PASSION ROADMAP
 A STEP-BY-STEP GUIDE TO CHIPPING OUT YOUR GOALS

1. MAKE A WISHLIST
 Set a timer for five minutes. Imagine that whatever you write on this piece of paper will come true. Think of it as a wishlist describing your ideal life. Ask yourself:

"IF I COULD BE ANYTHING, DO ANYTHING, OR HAVE ANYTHING, I WOULD..."

Write every single thing that comes to mind and be as specific as possible. Lastly, do not feel the need to justify your dreams. Just write.

READY. SET. GO.

- Tuesday**
- 4:30 pm - 5:30 pm cookies
 - 12 pm journaling w/ Annika
 - All the Shows Men
 - History of Iran
 - Mission to Iran
 - History of Iran

Week Schedule:

I Can Be



- Monday**
- 8-12 Round up
 - 12-8 work

- wednesday**
- mock trial round up
 - 2-8 work

- Friday**
- 10-6:30 Work
 - ▷ pack for Iceland

SPACE OF INFINITE POSSIBILITY

Time's up! Now set the timer for 1 minute. Go back to your MOST important goal on your list.

READY. SET. GO.

These are the four goals that you are going to present. How are you going to get there. A Passion Plan is a mind map that visually breaks down your goals into measurable, and time sensitive.

★ Dream Self ★



I still didn't

love myself

How can anyone
deal with it

I became

unstable I feel like there's two sides of me.

7:48 AM Saturday

12-20-14

I've been trying to eat healthy most of the time since

still trying to get productive. Why am I a mess?

I'm going to try to eat super healthy. I tried exercising

mistakes

mistakes

scared and disappointed in myself

my whole body is dead

all my effort

IMPERMANENT

I'm

STOP

Stressed

Procrastinating

what if I do put my effort AND I don't get better

the punishment
pretty stressful

Anything is
possible!

~~EXCUSES ≠ RESULTS~~

'Stressed all day

you can do it!

the process of being the best it hurts me

unbearable. I hated myself. EXCRUCIATING!

I DON'T WANT

TO BE

~~NUMB~~

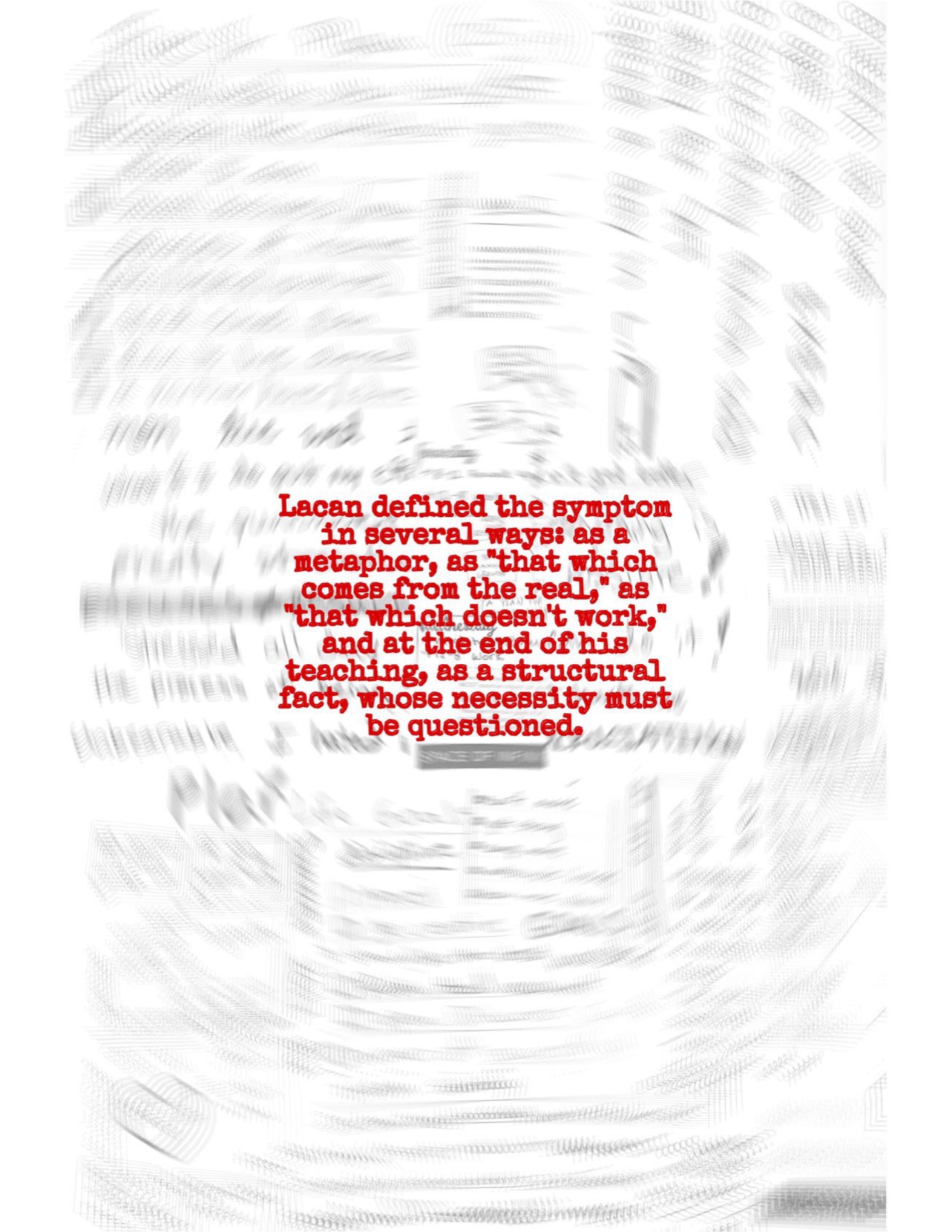
ANYMORE

HOW DO I CURE

MY ANXIETY ?

I want to be normal

The self is a
symptom



**Lacan defined the symptom
in several ways: as a
metaphor, as "that which
comes from the real," as
"that which doesn't work,"
and at the end of his
teaching, as a structural
fact, whose necessity must
be questioned.**