

## METACOGNITIVE DRAWING, DOODLING + JOURNALING

Hello Creative One!

One of my favorite things to do for personal development is metacognitive drawing, doodling, and journaling.

- **Drawing** means, we are creating and type of scenery of people, places of things.
- **Doodling** is creating scribbles, patterns, designs, shapes. Doodles don't contain people, places, or things that are recognizable although it could cause us or someone to see something in our designs in the same way we see faces and objects in cloud formations.
- **Journaling** is exactly what we expect, it is writing – with a focus on noticing our thoughts, feelings, and actions.

**Metacognition:** n. awareness and understanding of one's own thought processes. Aka thinking about our thoughts.

Metacognition is the medium through which psychologists introduced self-awareness and consciousness into the scientific domain. Metacognition is a higher-order thinking skill that basically means thinking about thinking, being aware of our awareness.

A lot of us think, yet how often do we think about our thinking?

Do we actively notice and observe the quality of our thoughts?

Have you ever caught yourself drifting away from a book, movie, or podcast because something that was written or said has challenging your beliefs, values, your life, or your sense of self? (Aka triggering an AH HA moment). Then when snap back into ACTIVE LISTENING you've lost the context on the dialog and must rewind or ask somebody what you missed.

**TIP:** Those situations where our mind goes somewhere else is a reminder that we need to write down or voice memo the thoughts that cropped up. It may reveal something very important about the true you!

## Why practice metacognitive drawing, doodling, journaling?

The opportunities for personal development via the tools of metacognitive drawing, doodling, journaling is endless, but I will share **the one** I am most passionate about!

### It is **Self-Awareness**

Most of us lack a sense of self-awareness is not just a philosophical guess, it's a proven fact. Three psychologists from Cornell University in 2003 published a paper giving us insights into why we fail to recognize our shortcomings.

They asked 141 students to tell them how well they had done on an exam, just before they walked out of the classroom. They also asked the respondents to estimate their performance and mastery of the course material relative to the other students taking the exam. They also asked them to estimate their raw score on the test.

The Results? Most students overestimated their performance in their respective tests and subject knowledge, especially the ones who scored the least. They concluded that "people tend to be blissfully unaware of their incompetence," lacking "insight about deficiencies in their intellectual and social skills."

Once we begin to master metacognition paired with powerful inquiry process, we can self-coach ourselves through many of those "stuck" situations EVERYONE experiences.

Want to learn this highly effective life skill with me – [book a discovery call](#).

As always sending you Love ❤️ and Light ✨ – Kami.