



Weekly Lessons



Understand yourself better, every week.



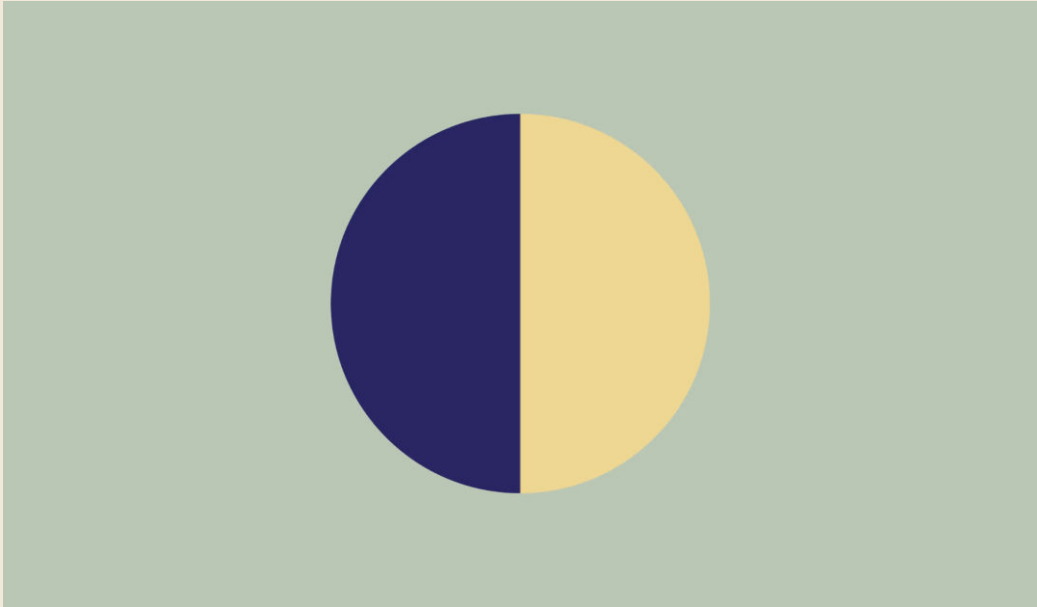
SELF-KNOWLEDGE

On the importance of knowing who we really are.

We like to imagine that we know who we are rather well. We have, after all, spent a great deal of time in our own company. And yet, the same question comes to all of us – are there certain parts of who we are that everyone can see, except ourselves?

We need intentional time, both alone and the honest company of others, to answer this question – so we've put together a few ways for you to do exactly that.

Try this



EXERCISE

Traditionally, aristocratic families would have a 'coat of arms' painted onto a shield, or carved above the fireplace. It might reference our origins, stories, or meaningful symbols, and if others see it, they will be able to interact with us properly.

In the same way, people can't be relied upon to understand us for themselves. This type of imagery helps us convey the most important parts, rather rapidly.

What would be on your coat of arms? Take a moment to draw or write down.

Taken from Who Am I?

Free read



How Well Do You Know Yourself? A Quiz

A lack of self-awareness can ultimately destruct our lives – it makes us get into the wrong relationships, pick unsatisfactory jobs and spend money unwisely.

This psychological quiz is the first step in the direction of questions we may have never considered, but are essential to ask.

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New in



ARTICLE



VIDEO

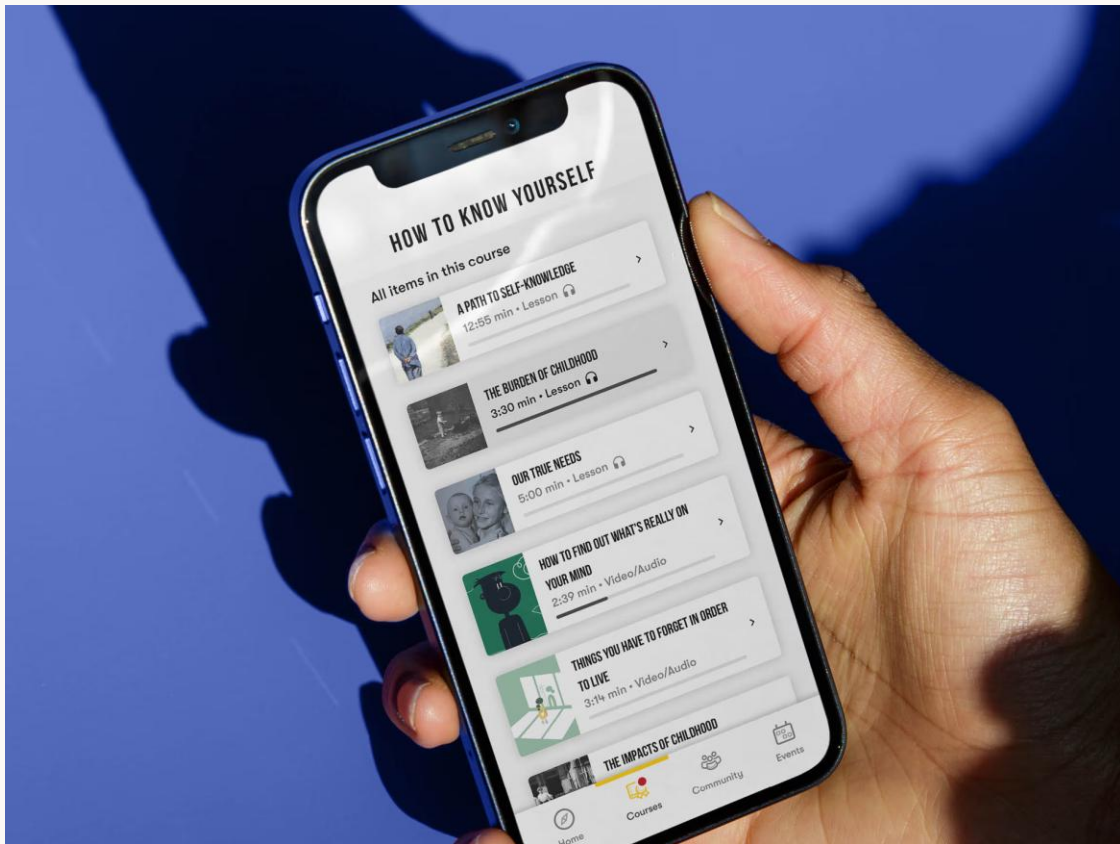
The Kind of
Happiness We
Should Be Sad
About

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Ancient Chinese
Wisdom to Calm
Your Modern Mind

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For members



APP

Start a daily ritual to know yourself better.

Much of who we are remains obscure, even to us – visible only in our particular habits and ways of reacting.

How to Know Yourself offers a series of short, daily lessons to help us better examine certain parts of ourselves, and to recognise patterns we may have otherwise never known.

Become a Content Member to access all of our articles, daily lessons, and so much more on The School of Life app.

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Ideas to take home

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LIMITED EDITION

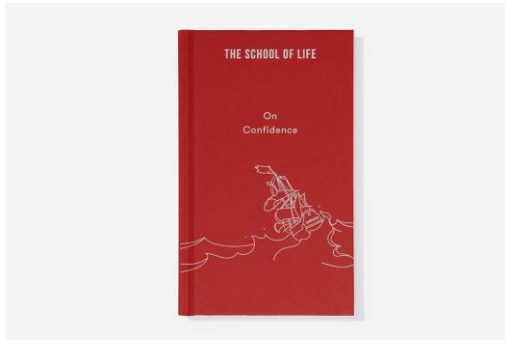
An Emotional Education - Rare Collector's Edition

Over a decade ago, Alain de Botton founded The School of Life, an institute dedicated to understanding and improving our emotional intelligence.

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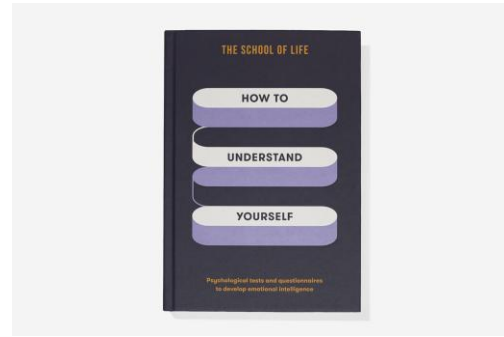


MOST-LOVED GIFT

On Confidence

A series of thoughtful exercises designed to help us recognise our strengths, question self-criticism, and grow more confident over time.

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TOP-SELLER

How to Understand Yourself

With psychological tests from the likes of Freud and Rorschach, this is the ultimate guide to uncover all that we don't yet know about ourselves.

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Weekly spotlight



EVENT

Come For The Festival, Stay For Yourself

September 13, 2026 | 9:30am-6.30pm | London, UK

Join us at the Festival of Ideas for a day of meaningful workshops and conversations that matter. The day begins with a series of immersive sessions dedicated to self-knowledge, and ends with an evening of music, mocktails and conversations that linger after evening is over.

Become a Content Member to get £40 off your ticket + an entire year of articles, daily lessons and films.

[Book your ticket](#)

More ideas



The Need For
People To Repeat
Missing Stages Of
Emotional Life

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3 Consequences of
Having Had Very
Angry Parents

[Read now](#)



Maybe You Were
Really Too Good
For Them

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"We may spend years mastering the
external world, without ever looking
inwards at the person orchestrating it all."

—pg. 28, [Know Yourself](#)

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Botton. Try our Membership, free for a week.

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