

Worksheet

1

Name:

Roll No: Class: Section:

Date:

SELF MANAGEMENT SKILLS-I

Unit-2

A. Tick (✓) the correct option.

- Which of the following helps to realize one's true potential, likes, dislikes, strengths and weaknesses?

(i) Self-Awareness	<input type="checkbox"/>	b. Self-Motivation	<input type="checkbox"/>
(iii) Positive Thinking	<input type="checkbox"/>	d. Problem Solving	<input type="checkbox"/>
- Which of the following is an approach to keep oneself positive, motivated, encouraged and energetic?

(i) Time Management	<input type="checkbox"/>	b. Self-Control	<input type="checkbox"/>
(iii) Self-Motivation	<input type="checkbox"/>	d. Stress Management	<input type="checkbox"/>
- Which of the following is an art of handling pressurized situations by keeping oneself cool and calm with patience?

(i) Positive Thinking	<input type="checkbox"/>	b. Self-discipline	<input type="checkbox"/>
(iii) Self-Motivation	<input type="checkbox"/>	d. Stress Management	<input type="checkbox"/>
- Which of the following is an art of handling pressurized situations by keeping oneself cool and calm with patience?

a. Positive Thinking	<input type="checkbox"/>	b. Self-discipline	<input type="checkbox"/>
c. Self-Motivation	<input type="checkbox"/>	d. Stress Management	<input type="checkbox"/>
- Which of the following factors plays a vital role in building self-confidence?

a. Social Factors	<input type="checkbox"/>	b. Cultural Factor	<input type="checkbox"/>
c. Physical Factors	<input type="checkbox"/>	d. All of these	<input type="checkbox"/>

B. Fill in the blanks.

- is the ability to regulate one's emotions, thoughts and behavior in the face of temptations and impulses.
- is being fearless in the face of any difficult situation and finding solution to any kind of problem.
- is a characteristic that helps one to adhere to punctuality, self-discipline and positive habits.
- is an art of scheduling the work, keeping the punctuality and adhering to the time bound commitments.