

# Worksheet

1

Name: .....

Roll No: ..... Class: ..... Section: .....

Date: .....

## SELF-MANAGEMENT SKILLS-I

### Unit-2

#### 1. Tick (✓) the correct option.

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

(i) Self-Awareness

☐

(ii) Self-Motivation

☐

(iii) Positive Thinking

☐

(iv) Problem Solving

☐

- (b) Which of the following is an approach to keep oneself positive, motivated, encouraged and energetic?

(i) Time Management

☐

(ii) Self-Control

☐

(iii) Self-Motivation

☐

(iv) Stress Management

☐

- (c) Which of the following is an art of handling pressurized situations by keeping oneself cool and calm with patience?

(i) Positive Thinking

☐

(ii) Self-discipline

☐

(iii) Self-Motivation

☐

(iv) Stress Management

☐

- (d) Which of the following factors plays a vital role in building self-confidence?

(i) Social Factors

☐

(ii) Cultural Factor

☐

(iii) Physical Factors

☐

(iv) All of these

☐

#### 2. Fill in the blanks.

- (a) ..... is the ability to regulate one's emotions, thoughts and behavior in the face of temptations and impulses.
- (b) ..... is being fearless in the face of any difficult situation and finding solution to any kind of problem.
- (c) ..... is a characteristic that helps one to adhere to punctuality, self-discipline and positive habits.
- (d) ..... is an art of scheduling the work, keeping the punctuality and adhering to the time bound commitments.
- (e) ..... is the optimistic approach to handle different situations in life.
- (f) ..... in simple language means believing in yourself.
- (g) Use your ..... in choosing the correct path for your overall development.