

Worksheet

2

Name:

Roll No: Class: Section:

Date:

SELF-MANAGEMENT SKILLS-I

Unit-2

1. Write short notes on the following:

- (a) Self-Awareness
- (b) Self-Control
- (c) Self-Confidence
- (d) Positive Thinking
- (e) Time Management
- (f) Problem Solving

2. Guess, who am I?

- (a) I am an approach to keep oneself positive, motivated, encouraged and energetic.
- (b) I am having a clear perception of your personality.
- (c) I include goal setting, planning, scheduling, self-development and continuous learning.
- (d) I am the habit of keeping oneself clean, healthy and smart while presenting oneself.

3. Application based questions.

- (a) If a person is suffering from stress, which type of self-management skill will you suggest him to resolve this problem?
- (b) Which type of self-management skill will helps us to priorities the given homework?

4. Answer the following questions:

- (a) Explain some important keys of self management.
- (b) What are the ways for building self-confidence?
- (c) List some characteristics of an independent person.
- (d) Differentiate between external and internal self awareness.
- (e) What are the advantages of doing physical exercise?
- (f) Enlist some reasons for stress.
- (g) What do you understand by stress management? Enlist some ways to manage stress.
- (h) What are the qualities of a self-confident person?
- (i) List the ways to identify your weaknesses.
- (j) Answer the question, "Who am I?"