

Worksheet

1

Name:

Roll No: Class: Section:

Date:

SELF MANAGEMENT SKILLS-I

Chapter-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 | <input type="checkbox"/> | (ii) Self-Motivation | <input type="checkbox"/> |
| (iii) Positive Thinking | <input type="checkbox"/> | (iv) Problem Solving | <input type="checkbox"/> |

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

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|-----------------------|--------------------------|------------------------|--------------------------|
| (i) Time Management | <input type="checkbox"/> | (ii) Self-Control | <input type="checkbox"/> |
| (iii) Self-Motivation | <input type="checkbox"/> | (iv) Stress Management | <input type="checkbox"/> |

(c) 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"/> | (ii) Self-discipline | <input type="checkbox"/> |
| (iii) Self-Motivation | <input type="checkbox"/> | (iv) Stress Management | <input type="checkbox"/> |

(d) 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"/> | (ii) Self-discipline | <input type="checkbox"/> |
| (iii) Self-Motivation | <input type="checkbox"/> | (iv) Stress Management | <input type="checkbox"/> |

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

- | | | | |
|------------------------|--------------------------|----------------------|--------------------------|
| (i) Social Factors | <input type="checkbox"/> | (ii) Cultural Factor | <input type="checkbox"/> |
| (iii) Physical Factors | <input type="checkbox"/> | (iv) All of these | <input type="checkbox"/> |

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.