

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.