

Unit 2: Self-Management Skills - I

- Q1. What is self-management?
- Q2. Write the significance of positive thinking in building self-confidence.
- Q3. Define self-awareness.
- Q4. Differentiate between physical factor and cultural factor in self-confidence.
- Q5. Write two tips to build up the self-confidence level.
- Q6. Write the significance of staying happy with small things in building self-confidence.
- Q7. What do you understand by responsible attitude in self-management skills?
- Q8. Differentiate between social factor and cultural factor in self-confidence.
- Q9. Write the positive results of self-management.
- Q10. What do you understand by physical awareness in self-management?