

ASSESSMENT # 1**Total Marks: 30****Answer the following Questions:**

Q: 1: Short Questions. (15)

- i. What is Self-Esteem?
- ii. What can be the characteristics of low self-esteem?
- iii. What is SPIRIT? How does it help in achieving goals?

Q: 2: Outline some suggestions for improving self-esteem. (7)

Q: 3: What is self-confidence? Describe some ways to enhance self-confidence. (8)