

- 3** Answer the following : (any two) **14**
- (a) Comment on the significance of goals in the lives of individuals.
 - (b) Explain the concept of SMART goals.
 - (c) How are goals different from dreams ? Explain.
- 4** Answer any two of the following : **14**
- (a) Explain how positive self talks and autosuggestions help us.
 - (b) Comment on the significance of assertiveness and confidence.
 - (c) Discuss the ways to develop confidence.
- 5** Answer the following : (any two) **14**
- (a) Why is Time-Management so important in life ? Explain.
 - (b) Discuss various time stealers and suggest ways to overcome them.
 - (c) Write a detailed note on achieving effective Time Management.
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