

# SELF-MANAGEMENT SKILLS

Class X , Ch-2 Self- Management Skills:II( IT #402)

Session 2: Self-awareness — Strength and  
Weakness Analysis

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# Learning Outcome of this Session

After completing this session, you will be able to

- identify your own strengths and weaknesses.
- explain how to build on your strengths and overcome your weaknesses.
- identify your interests.

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# Self-awareness — Strength and Weakness Analysis

## Q1 Define Self Awareness.

Ans: Being self-aware means that you can identify your strengths and weaknesses. Self-awareness, therefore, will help you in converting your weakness into strength and strength into an exceptional talent. Analysing your strengths and weaknesses helps you to attain success in life.

## Q.2 Write Techniques for Identifying your Strengths and Weaknesses.

Answer:-Techniques for Identifying your Strengths and Weaknesses

### Finding Strengths (or abilities)

Think of anything that you are always successful at.

Think about what others like in you.

Take out time and think about what you do well.

### Finding Weaknesses

Point out the areas where you struggle and the things you find difficult to do.

Look at the feedback others usually give you.

Be open to feedback and accept your weaknesses without feeling low about it. Take it as an area of improvement.



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# Self-awareness — Strength and Weakness Analysis

## Q.3 Write Difference between Interests and Abilities.

Answer:- Difference between Interests and Abilities(Strength):-

S.No	Interests	Abilities
1.	Things that you like to do in your free time that make you happy.	An acquired or natural capacity
2.	Things you are curious about or would do even if no one asked you to do it.	Enable you to perform a particular job or task with considerable proficiency.
3.	Things you want to learn or would like to do in the future.	

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# Quick Recap of this Session

## Write Techniques for Identifying your Strengths and Weaknesses.

Answer: -Techniques for Identifying your Strengths and Weaknesses

Finding Strengths (or abilities)

- Think of anything that you are always successful at.
- Think about what others like in you.
- Take out time and think about what you do well.

Finding Weaknesses

- Point out the areas where you struggle and the things you find difficult to do.
- Look at the feedback others usually give you.
- Be open to feedback and accept your weaknesses without feeling low about it. Take it as an area of improvement.

## Write Difference between Interests and Abilities.

Answer: - Difference between Interests and Abilities (Strength): -

Sr.	Interest	Ability
1	Things that you like to do in your free time that make you happy.	An acquired or natural capacity
2	Things you are curious about or would do even if no one asked you to do it.	Enable you to perform a particular job or task with considerable proficiency.
3	Things you want to learn or would like to do in the future.	



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# Home Assignment

## Subjective questions

1. Define Self Awareness.
2. Write Techniques for Identifying your Strengths and Weaknesses.
3. Write Difference between Interests and Abilities.

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# THANKING YOU

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