

ASSESSMENT # 2

Total Marks: 30

Answer the following questions:

Q: 1: Short Questions (15)

- I. Describe some visualisation techniques.
- II. List the elements that should be included in an action plan.
- III. Describe the importance of visualisation in goal-setting.
- IV. What is procrastination? Explain, with reference to Mark Twain's expression about frogs.
- V. Describe the prioritising technique.

Q: 2: What is SPIRIT? How does it help in setting goals? (7)

Q: 3: Describe the ways of dealing with setbacks. (8)