

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)