

ASSESSMENT # 8**Total Marks: 30**

Answer the following questions:

- Q: 1:** What is SPIRIT? How does it help in setting goals? (7)
- Q: 2:** Outline the three important steps for creating personal vision. (8)
- Q:3:** Discuss the seven basic emotions. What do they convey to us? (7)
- Q:4:** Describe Seligman's ABCDE method of optimism. (8)