

### ASSESSMENT # 1

Total Marks: 30

Answer the following questions:

**Q: 1:** Short Questions. (15)

- I. What is Self-Leadership?
- II. Describe the four pillars of Self-Leadership.
- III. Outline various tips for effective writing.
- IV. Describe Daryl Conner's change management model.
- V. What is Lifelong Learning?

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

**Q: 3:** Outline the three important steps for creating personal vision. (8)