

**ASSESSMENT # 5****Total Marks: 30****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)