

**ASSESSMENT # 12****Total Marks: 30**

I. Answer the following questions:

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

II. What is Personal Efficiency?

III. Define the term “paradigm shift”.

IV. Give some examples of useful attitudes for personal development.

**Q: 2:** Outline the important steps to creating a personal vision. (7)

**Q: 3:** What is SPIRIT? How does it help in setting goals? (8)