

ASSESSMENT # 3

Total Marks: 30

Answer the following questions:

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