

Name: Dasari Charithambika

Roll Number: 210302

Lecture-13

Habits: Guiding Principles

1. Identify your five good and five bad habits.

Ans:

1. Bad habits:

- Eat junk food
- Spending time more on social media
- Not folding the blanket after woke up
- Procrastinate on doing exercise
- Sometimes thinking negative thoughts and self-talk

2. Good Habits:

- Kind and humble to all the people
- Going to the temple and praying for at least 10 minutes a day
- Regular reading and learning for others and books
- Doing things like reading on time
- Enjoys things in moderation, and avoids harmful ones.

2. What good habits would you like to start with?

Ans: Being fit, eating healthy food, and exercising regularly. Increase in positive thinking.

3. Identify what motivates you to continue your good habits.

Ans: It gives success and respect for all. It makes me to be regular. It makes me a good, kind, and humble person.

It makes me believe in God and karma. Whatever you work, It is coming back to you. If we do good, we can get good back.

Lecture-14

Habits: Identifying Good and Bad Habits

1. What role do individual perception and belief play in habits?

Ans: Individual perception and belief play an important role in habits because these help how we see situations, make decisions, and form a habit. Positive beliefs can lead to the formation of good habits, while negative beliefs contribute to the development of harmful habits. Our perception will decide whether we view them as beneficial or harmful.

2. How do you differentiate between good and bad habits?

Ans: Differentiate between good and bad habits:

- Good habits are difficult to form but bad habits are easy to form.
- Bad habits are difficult to leave.
- Bad habits make us feel guilty and embarrassed but good habits make us feel good and respectful.

- Bad habits give instant pleasant, but good habits give pleasant in the long run.
3. Pick any bad habit and think about how to overcome it.
 Ans: Spending more time on social media. To overcome it, I can do
 - I can reduce the time spent on it daily like 1 hour, then to 45 mins, 30 minutes ... and so on.
 - I can spend this time doing exercises for any online video
 - I can be concerned about any information videos or motivational videos

Lecture-15

Habits: Habit Cycle

1. Identify how you picked up your latest bad habit.
 Ans: One is spending more time on social media, but I can resolve it. Another is I started skipping breakfast which is not bad, I think nowadays due to winter, I cannot wake up early. My latest bad habit is skipping breakfast.
2. Identify your stimulus to choose a course in soft-skills
 Ans: 1. Career improvement [want to improve my soft skills like communication, teamwork, leadership, etc to develop my career life]
 2. Personal Growth [intrapersonal growth, self-awareness to achieve personal goals]
 3. Job requirement [soft skills make me satisfy their requirement, and make good and healthy bonds with colleagues]
3. How can you reward yourself for a good habit?
 Ans: I reward myself for a good habit by going to the temple and praying, saying to God "Thank you" I will feel happy to complete any tasks through good habits. I sometimes eat my favorite food item(biryani).
4. How can you punish yourself to discourage a bad habit?
 Ans: I punish myself by ignoring others and not talking to anyone till I feel good. But after that, I start avoiding that bad habit.

Lecture-16

Habits: Breaking Bad Habits

1. Justify the statement with a suitable illustration or example: Circumstance does not make a man; it reveals him.
 Ans: Circumstance does not make a man; it reveals him. It means the circumstances or situations in which he/she shows true identity, and personality.
 Consider an example in which two people will face the same challenge of losing their jobs unexpectedly. One was angry, became bitter, blamed others, and gave up on new opportunities. But another person was calm, and viewed the situation as a chance to

develop personal growth, took steps to update their skills and network, and got a new job.

2. Why do you think some people can change their habits faster than others?

Ans: I think some people can change their habits faster than others, it depends on their willpower, mindset, support systems, and willingness to change. It may be they have changed for their loved one or their career goals. It may be that they start avoiding and reducing the time in those habits before they exceed in losing themselves or others.

3. How can you use dopamine to form good habits?

Ans: 1. Set goals[when we achieved goals, dopamine will release]

2. Create a reward system and celebrate small wins

3. Create a supportive environment and visualize success.

4. When was the last time you felt compelled to finish a task due to intrusive thoughts?

Ans: I think for some course project I felt compelled to finish it. Also, I was the person who knew me as common in the group, we had worked on a night to complete. We start it exactly two days before the submission. We all have sleepless nights on that day. We completed it successfully but at that time I felt forced and tense for submission and I took responsibility and made it done.

Lecture-17

Habits: Using the Zeigarnik Effect for Productivity and Personal Growth

1. What do you understand by the term Zeigarnik Effect?

Ans: The Zeigarnik Effect is a psychological phenomenon that refers to the tendency for people to remember uncompleted tasks better than completed tasks. Because of remembering uncompleted tasks, it may create a state of tension, discomfort, and not concentrating on other tasks. Sometimes Zeigarnik Effect will improve good habits and the tendency to complete tasks.

2. How can you increase your level of productivity?

Ans: We can increase the level of productivity by

- Set clear goals
- Manage time effectively
- Minimize distractions
- Break tasks into smaller steps
- Take regular breaks

3. What are the few examples of the Zeigarnik Effect?

Ans: The Zeigarnik effect refers to the tendency to remember uncompleted tasks.

- Unanswered questions [like puzzle]
- Unfinished tasks
- Unresolved conflicts
- Uncompleted promises
- Interrupted rituals

4. How can you use the Zeigarnik Effect to finish all course activities on time?

Ans: To use the Zeigarnik Effect to finish all course activities on time

- Create a clear schedule with deadlines for each task.
- Take regular breaks to prevent burnout and maintain productivity.
- Minimize distractions to stay focused on completing tasks.
- Set rewards for completing each task to reinforce positive behavior.

Lecture-18

Habits: Forming Habits of Success

1. What habits do you think are required to succeed in life?

Ans: Habits required to succeed in life

- Continuous learning
- Time management
- Self-discipline
- Effective communication
- Adaptability
- Healthy habits [like physical and mental health]

2. What do you understand by the following statement? Eat an elephant bit by bit. Have you ever tried doing it?

Ans: Eat an elephant bit by bit means any activity or task we need to break into small sub-tasks.

In studying a full chapter of any course, I first read the first 30 minutes then take 10 minutes, and then continue. Here I completed the given task (studying the full chapter) I break into small topics. Just as “Eat an elephant bit by bit.”

3. How can you keep your brain light and free?

Ans: To keep my brain light and free:

- Practice mindfulness
- Take breaks
- Get enough sleep
- Exercise regularly
- Connect socially

4. What are the three crucial habits required for healthy interpersonal relationships?

Ans: The three crucial habits required for healthy interpersonal relationships

- Active listening
- Trust, compromise, forgiveness, and supportiveness
- Quality time