///////3 The values, strengths, and resilience

For the theme 3

the question we choose for, is

what are the characteristics or strengths that the interviewee have,

to help him rise above circumstances?

quoting from his responses, we can link to what we learned such as

the first quote mentioned "I am very determined to succeed in life". through this quote we can see that

the interviewee is driven by intrinsic motivation as he is motivated by desire for personal growth.

(wk 11)

second quote

“This lesson gave me a broader view of life, that life is actually very fragile.

It makes me question whether my own success is more important than my family.”

this shown the interviewe ability to accept positive and negative feedback and

it also shown his personal growth.

as he realise success is not more important than family.

the interviewee is also likely to have Self-Compassion, as it is associated to

both intrinsic motivation and personal growth.

(wk 8 p 40)

(nxt slide)

for the last quote “Now I place more importance in my family. When they need help,

I will help them and try to connect with them. I think this is my strength. ”

this shown that the interwee has intention to spend more time with family and

treasure their time together

we can related this with behavior to the attempt to cultivate positive relationships

which is part of 5 steps toward authentic happiness / PERMA model

(wk 11)

(nxt slide)

/////////////4 The Rewards and Wisdom gained

for theme 4, the question we choose is

After overcoming a life challenge, what were some positive lessons that came from the experience?

for the first quote from the interviewee

"In the face of adversity, stress or whatsoever, remain an open mindset"

this shown the interviewee's cultivating wisdom because of his openess

(wk 12)

the second quote

“When you really sit down and think about it, you would be able to find a way out.”

this shown the interviewee understanding that problem-focused coping is more suitable for him

which could help him in future problem as well

(wk 8)

(nxt slide)

from the third and 4th quote the interviewee provided,

the interviewee quote about how the important of getting people helps and listening to their story

which further prove that the interviewee realised how important of seeking support from other

which is part of the problem-focused coping

in solving his problem

(wk 8)

(nxt slide)

///////////////////5 Future outlooks, Dreams, and Aspirations.

for theme 5, the question we choose is

What are some of your dreams for the future?

there are 3 quotes here, from this 3 quote

we can summarised it as the intervieww future outlook to be living his live

without any regrets and be grateful to people around him

we can refers this to values based goal gratitute

with long term goal of living life with gratitute

short term of be gratefull with people and be happy

the possible barriers are there are moment where decision are hard to make and may cause regrets

(wk 11)

what we have learn

Internal factors and external factors are essential.

Think about the people around you before taking any action.

Success may not be as important as you think it is.

Stress is part and parcel of life.

The ability to strike a balance between life and stress is the best for all of us.

that's all thank you