

1. Define weakness and strength each in a sentence

Weakness is what you lack in

strength is what you are good at.

2. What is your greatest weakness in your opinion?

My greatest weakness in my opinion is mindfullness.

3. What do people most often criticize about you? (any two drawbacks).

People most often criticize me about being lazy and procrastinating

4. What is the biggest criticism you have ever received from your -

- Parents: The biggest criticism that my parents have ever given to me is to quit procrastination.

- Siblings: My siblings usually criticize me about being lazy.

- Relatives: My relatives also sometimes criticize me about something related to my future.

- Teachers: The biggest criticism that I have ever received from my teachers is that I should be more mindful of the present moment.

5. What do you find are the most difficult decisions to make and why?

These decisions are related to hanging out with friends or studying.

6. How do you handle failure?

I handle failure through introspection and planning for the future, setting goals.

7. How do you handle success?

I handle success by appreciating myself and setting new goals.

8. How do you view yourself and why among the following?

- Calm or aggressive because I think before I speak.

- Patient or impatient I think of the long run of something

- Laid back or dominating I take responsibility of everything that happens in my life.

- Confident or submissive I believe in myself as I'm capable of anything

- Social or reserved I like to spend time with my family & friends.

9. Who do you compare yourself to and why?
My younger self.

10. What major challenges have you faced so far and how did you handle them?
The major challenge that I faced is not having a clear goal but after doing introspection I have finally handled this challenge.

11. What was the biggest compliment you have received so far?
Discipline said by my mother.

12. What have you learnt from your mistakes?
To be disciplined and mindful.

13. What motivated you?
Parents.

14. What is your greatest strength in your opinion?
My introspection skills.

15. How will your strengths help you go ahead in life & be successful?
My strengths will help me to work towards my goal with discipline & consistency this way I can go ahead in life & be successful.

16. What have you achieved so far on the basis of your strengths?
I have achieved a good mental health and have a clear goal to work towards. My social life has improved a lot from my past self. I'm now more mindful and ^{aware} ~~present~~ of the present moment. I now care about my future self.