**1. Understanding Strengths and Weaknesses**

📌 **Assignment:** Conduct a **personal SWOT analysis** (Strengths, Weaknesses, Opportunities, Threats). Write a 500-word reflection on how you can use your strengths to overcome your weaknesses and take advantage of opportunities.

**2. Developing a Growth Mindset**

📌 **Assignment:** Read an article or watch a TED Talk on **growth mindset vs. fixed mindset**. Write a 300-word summary on how adopting a growth mindset can improve your personal and academic/professional life. Include examples from your own experiences.

**3. Emotional Intelligence (EQ)**

📌 **Assignment:** Take an **Emotional Intelligence (EQ) self-assessment** (you can find free ones online). Write a **one-page analysis** of your results, explaining how you can improve your self-awareness, self-regulation, motivation, empathy, and social skills.

**4. Self-Reflection and Journaling**

📌 **Assignment:** Maintain a **daily journal for one week**, focusing on self-reflection. Each day, write about:

* A challenge you faced and how you responded
* One thing you learned about yourself
* How you felt throughout the day  
  After the week, write a **500-word summary** of key insights and how journaling helped you become more self-aware