

# UPDAAN

## 2025



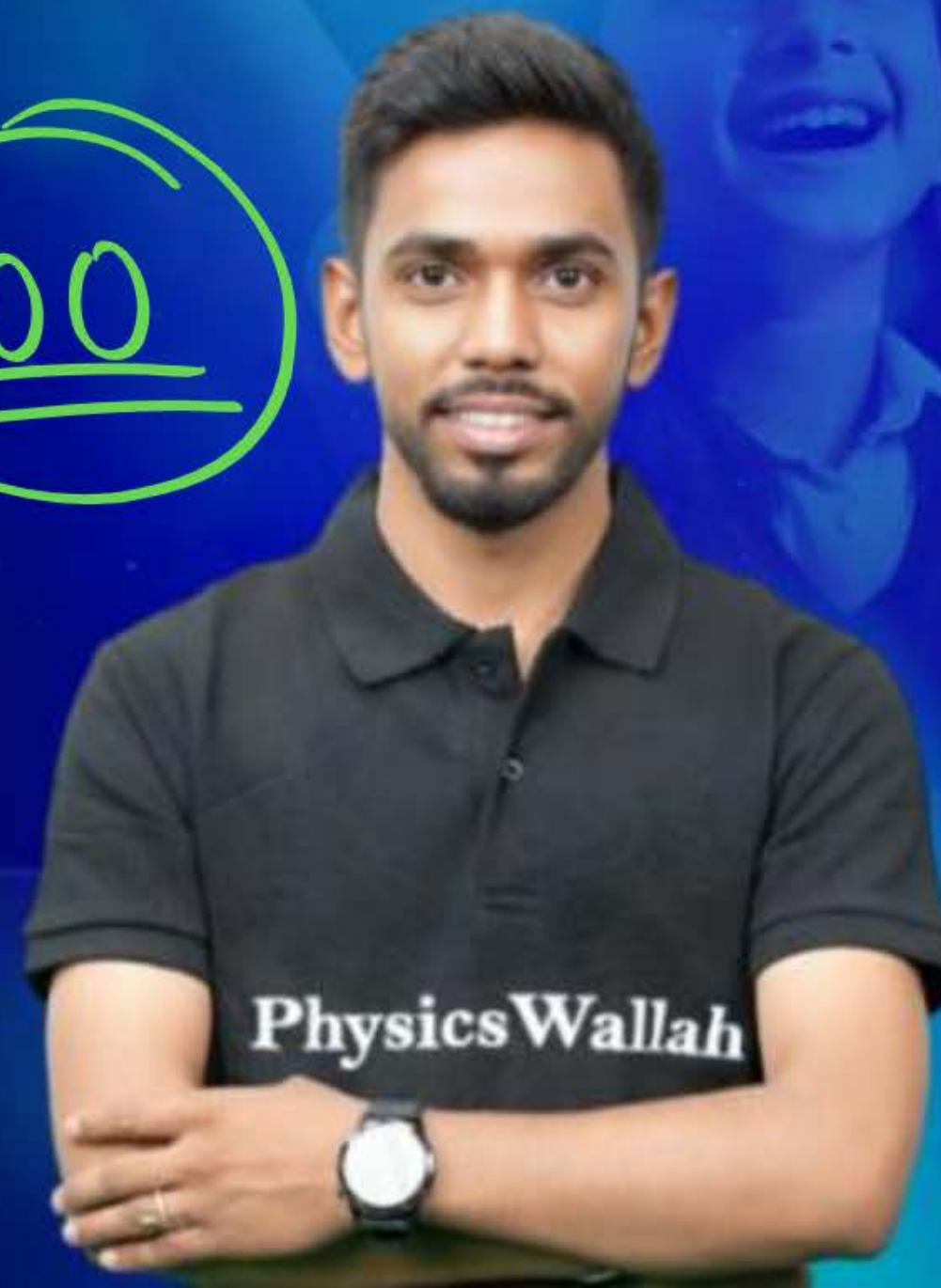
AI / IT

### Self Awareness and Self Motivation

Computer

Lecture - 01

By - PRATEIK SHARMA Sir



Physics Wallah



# Topics

*to be covered*

LEADER

IT/AI

1 Meaning of an Independent Person

2 Advantages of working Independently

3 Skills Required to Work Independently

4 How to Become Self-reliant







## Topic : Meaning of an Independent Person

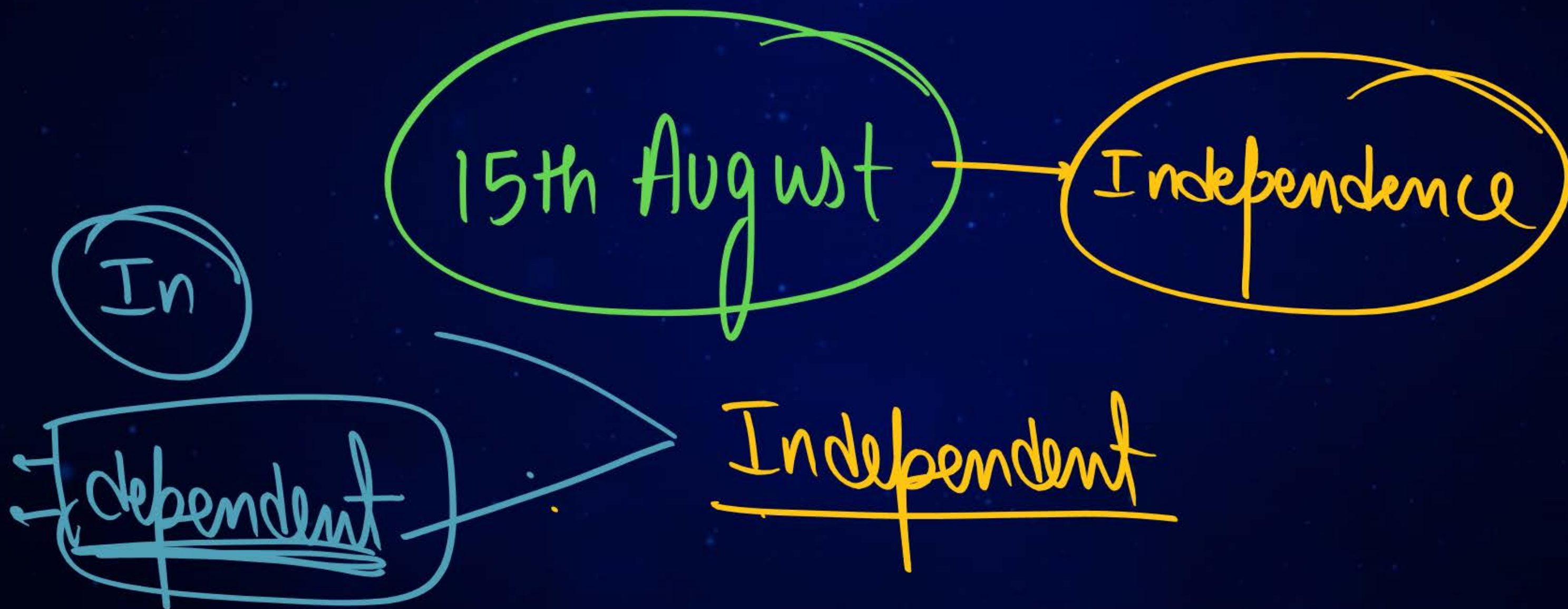
### What does it mean to be independent?

observe  
Correct.  
improve

- An independent person is aware of his feelings and character; observes and evaluates his behaviour, and corrects his mistakes. He knows what he needs to do.
- An independent person takes the initiative, rather than being told what to do. He takes ownership of his mistakes without looking for excuses and does not require constant assistance or supervision to complete the task. He works to the best of his ability.











## Topic : Advantages of working Independently

### Boosts Self-confidence:

Independent people are likely to be more confident in handling problems affecting their lives. It is because they can take actions and are prepared to do things without support or permission from others. The knowledge that they can face any challenge will instill more confidence in them.

### Makes the Person Self-reliant:

An independent person is resourceful and relies only on himself. He likes to enjoy a free-flowing work style that requires discipline and self-awareness.

→ reli Resources







## Topic : Advantages of working Independently

**Makes the Person Emotionally independent:** Independent people experience challenging life situations without involving Other people. Emotional independence improves their relations with friends and family and make them stronger.

**Makes Decision-making an Easy Task:** People who are emotionally and financially dependent on others cannot make strong and timely decisions. An independent person knows that his decisions will only impact him; so this makes it easy for him to take any step.

**Brings Out the Best in a Person:** Having a free and independent mind gives the freedom to explore one's own skills and talents, which ultimately brings out the best in a person.







## Topic : Advantages of working Independently

**Increases Sell-Value and Self-Esteem:** The achievement of emotional, social, and personal independence gives the person a sense of accomplishment. This eventually changes the perception of a person about himself and how other perceive him.

**Makes the Person Accountable:** *responsible* An independent person is wholly responsible for the outcome of the task which he undertaken. If he fails to accomplish the task, he is answerable for it, and likewise, gets full credit when he succeeds in finishing it.

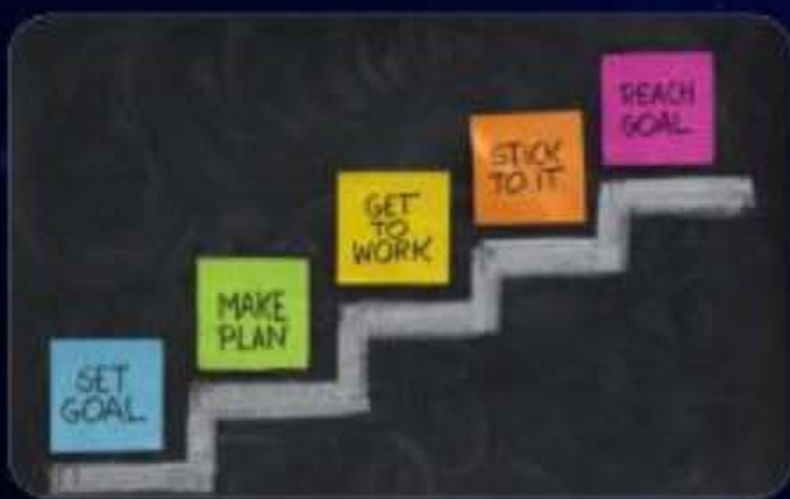






## Topic : Skills Required to Work Independently

- 1) **Self-Motivation:** It is an essential trait that a person needs to work independently. He should be able to motivate himself to complete the task successfully, even in the absence of others.
- 2) **Organizational Skill:** This is another important skill, that a person needs to have. He can organize his task in a manner that best suits him. He can hence achieve his objectives on time.
- 3) **Multitasking Ability:** Multitasking ability is a must have skill for an independent person. A person who works alone should be able to handle multiple tasks at the same time if needed.





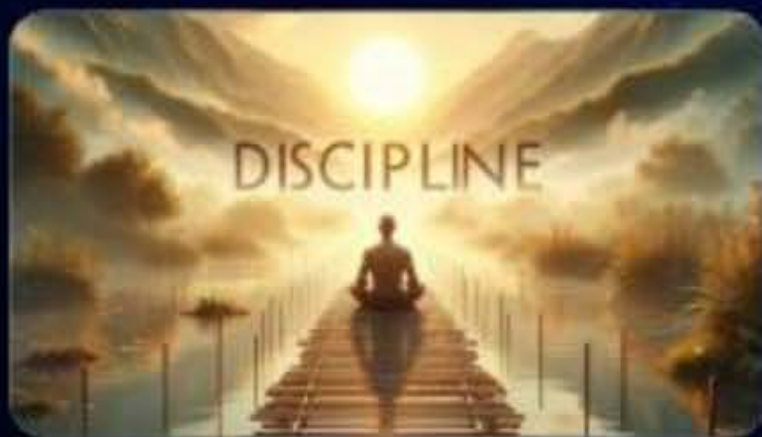


## Topic : Skills Required to Work Independently

**Discipline:** A person should be disciplined enough to organize his work flow and follow the planned schedule, as he is self-accountable.

**Communication Skills:** For independent workers, good communication skills are a basic necessity. Expressing yourself in an effective manner is critical, be it virtually through phone or an e-mail.

**Resourcefulness:** When working independently, you may face problems which you need to resolve without anybody's assistance. Hence, you need to be resourceful to handle any situation.







## MCQ



**#Q:** What does it mean to be an independent person?

- A** Relying entirely on others for decision-making X
- B** ✓ Being able to make decisions and take actions on your own
- C** Avoiding all responsibilities X
- D** Depending on others for financial support X





## MCQ



**#Q:** Why is independence important for personal growth?

- A** It allows a person to avoid challenges
- B** It helps a person rely more on others
- C** It enables a person to develop self-confidence and problem-solving skills
- D** It prevents a person from making mistakes





## MCQ



**#Q:** What is the importance of self-discipline in independent work?

- A** It allows you to ~~delay~~ tasks indefinitely
- B** It helps you stay focused and complete tasks on time
- C** It encourages ~~reliance~~ on others
- D** It reduces the need ~~for~~ setting goals





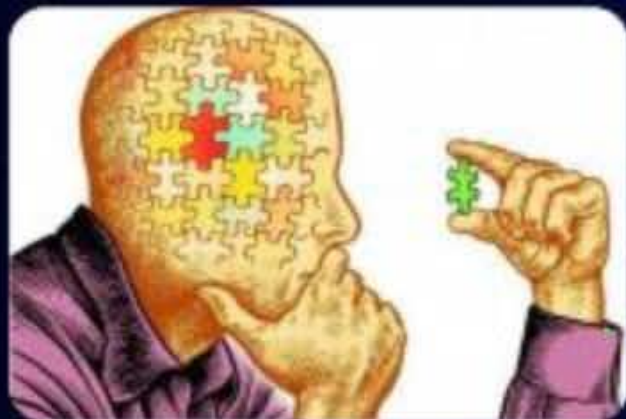
# Topic : How to Become Self-reliant

- Self-Awareness
- Self-Motivation
- Self-Regulation

aap kaun ho? → kya ho

kya kar sakte ho?

reliance







## Topic : Self-Awareness



- Self-awareness means being aware of your personality, including your strengths, weaknesses, thoughts, beliefs, emotions, and motivations.
- Self-awareness allows you to understand other people—how they perceive you, your attitude, and your responses. It is important to be self-aware because it influences our personal development.
- When you are self-aware, you are more confident, innovative, and empathetic. Your decision-making abilities and communication skills are also enhanced.
- Those with enhanced self-awareness can work independently and become more effective leaders. Thus, self-awareness is an essential factor in achieving success and becoming independent.

NIKITA



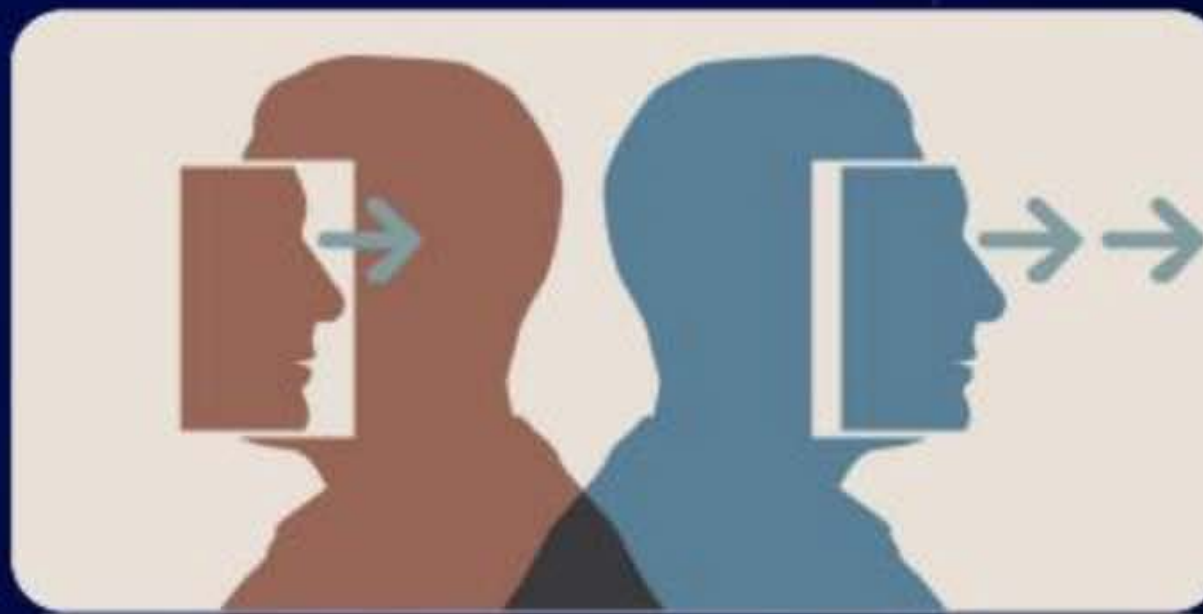


## Topic : Types of Self-Awareness



There are two types of self-awareness.

- External Self-Awareness
- Internal Self-Awareness







## Topic : External Self-Awareness

- This type of self-awareness requires understanding how other people perceive us. External self-awareness often surfaces in situations when people are the centre of attention. For example, while giving a presentation or talking to a group of friends.



→ bahar  
walo  
apko kaise dekhta  
ya sochta hai.





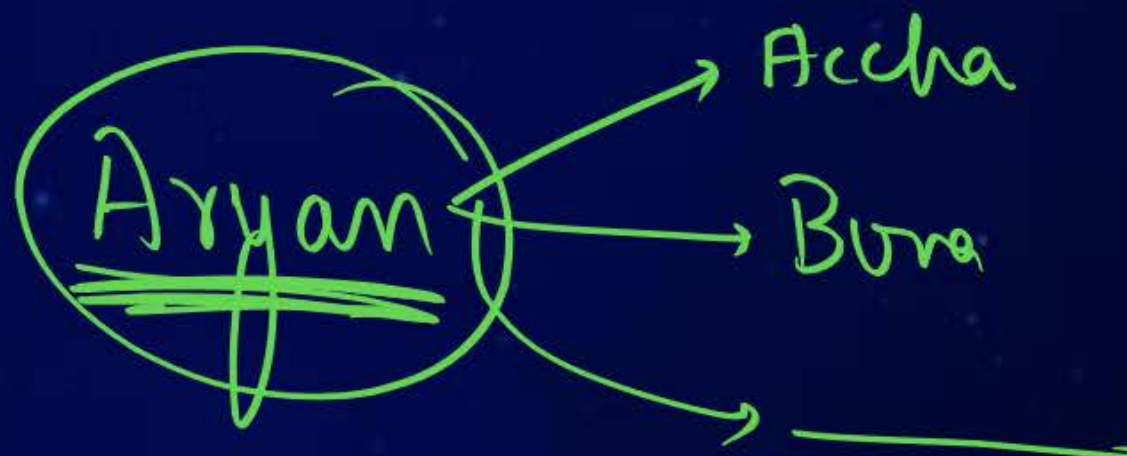
## Topic : Internal Self-Awareness



This type of self-awareness represents how we see our values, passion, aspirations, thoughts, feelings, behaviors, strengths, weaknesses, and their impact on others. For example, feeling nervous when you realize that your teacher has caught you lying.

To become more self-aware, we must ask ourselves these three questions every day.

- What went well today?
- What did not go so well?
- How can I be smarter tomorrow?







## MCQ



External

**#Q:** What does internal self-awareness primarily involve?

- A** Understanding how ~~others~~ perceive you
- B** Recognizing your own emotions, values, and thoughts ?
- C** Focusing on ~~others~~' expectations
- D** ~~Ignoring~~ ~~personal~~ weaknesses





## MCQ



**#Q:** Which of the following is an example of external self-awareness?

- ☒ **A** Being aware of how your actions affect others
- ☐ **B** ~~Reflecting on your personal beliefs~~
- ☐ **C** ~~Setting personal goals based on inner desires~~
- ☐ **D** ~~Ignoring feedback from peers~~





## MCQ



**#Q:** Why is it important to balance internal and external self-awareness?

**A** To ensure personal goals are aligned with societal expectations

**B** To completely rely on others for personal guidance

**C** To maintain a strong focus on external opinions

**D** To minimize the need for self-reflection





## Topic : Self-Motivation



Self-motivation drives a person to attempt and accomplish tasks. It occurs when a person independently uses one or more strategies to keep himself on track towards achieving a goal.

Four elements that keep a person motivated are:

- Personal drive to achieve, the desire to improve, or to meet specific standards
- Commitment to personal or organizational goals
- Initiative or readiness to act on opportunities
- Optimism, which is the ability to continue and pursue goals in the face of failures

Self-motivated people tend to be more organized, have excellent time management skills, and more confidence.



Nitesh. —→ 100  
—→ why?



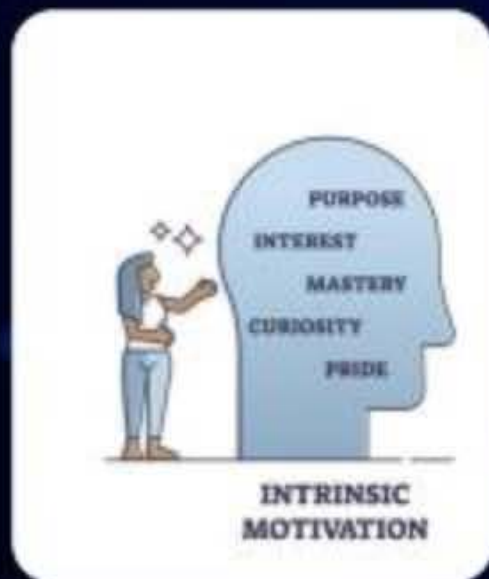


## Topic : Types of Self-Motivation

**Intrinsic Motivation**: The behaviour of a person that is driven by his innate desire to do something for his own sake and personal rewards. In other words, motivation to perform a task will come from within because the person finds this accomplishment quite satisfying.

**Examples of intrinsic motivation can include:**

- Participating in a sport because you find the activity enjoyable
- Cleaning your room because you like tidying up
- Exercising because you want to relieve stress



work → enjoy





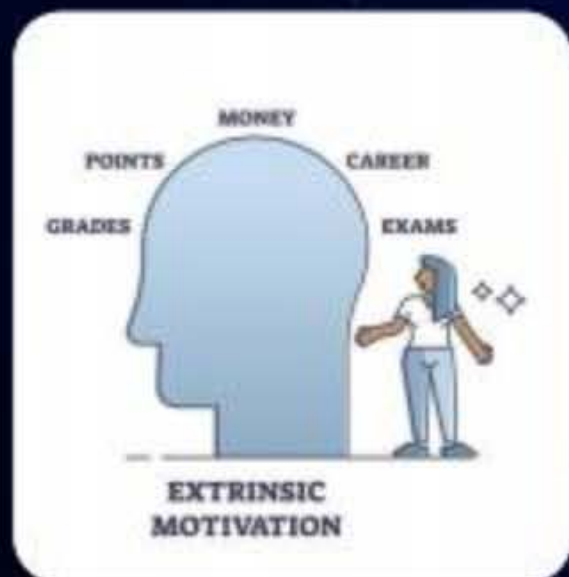
## Topic : Types of Self-Motivation



*External*  
**Extrinsic Motivation:** It refers to the behaviour of a person that is driven by the desire to attain some sort of an external reward, including money, power, and good grades.

Examples of extrinsic motivation can include:

- Participating in a sport to win a reward
- Cleaning your room to prepare for visitors coming over
- Exercising to lose weight







## Topic : Skills Involved In Self-Motivation

Several skills are required to self-motivate. These include:

- Setting high but realistic goals
- Taking an appropriate level of risk
- Looking for constant feedback in order to improve
- Being committed to personal or organizational goals
- Utilizing opportunities
- Continuing to pursue goals despite setbacks

Motivated individuals are capable of motivating others. This can be particularly important in leadership roles.





## MCQ



**#Q:** What can hinder self-motivation?

- A** A positive mindset
- B** Clear goal-setting
- C** Negative self-talk
- D** Rewarding oneself for small achievements





## MCQ



**#Q:** Which of the following actions demonstrates self-motivation in a student?

- A** Complaining about tough assignments
- B** ✓ Completing homework without being reminded
- C** Skipping difficult tasks
- D** Procrastinating on projects

↓  
Delay





## MCQ



**#Q:** Self-motivation is important because it helps individuals to:

- A** Rely on others for direction
- B** Work towards personal and academic goals
- C** Avoid taking risks
- D** Follow others blindly





## Topic : Self-Regulation



Self-regulation is the ability to understand and manage your reaction to the things happening around you. Developing this ability requires self-awareness, emotional intelligence, efficient filtering of sensory stimulation, coping effectively with stress, relating well to others, and sustaining focus.

**Self-regulation involves being able to:**

- control reactions to emotions like frustration or excitement
- calming down after something exciting or upsetting happens
- focus on a task
- refocus attention on a new task
- get along with everyone else

Dhoni

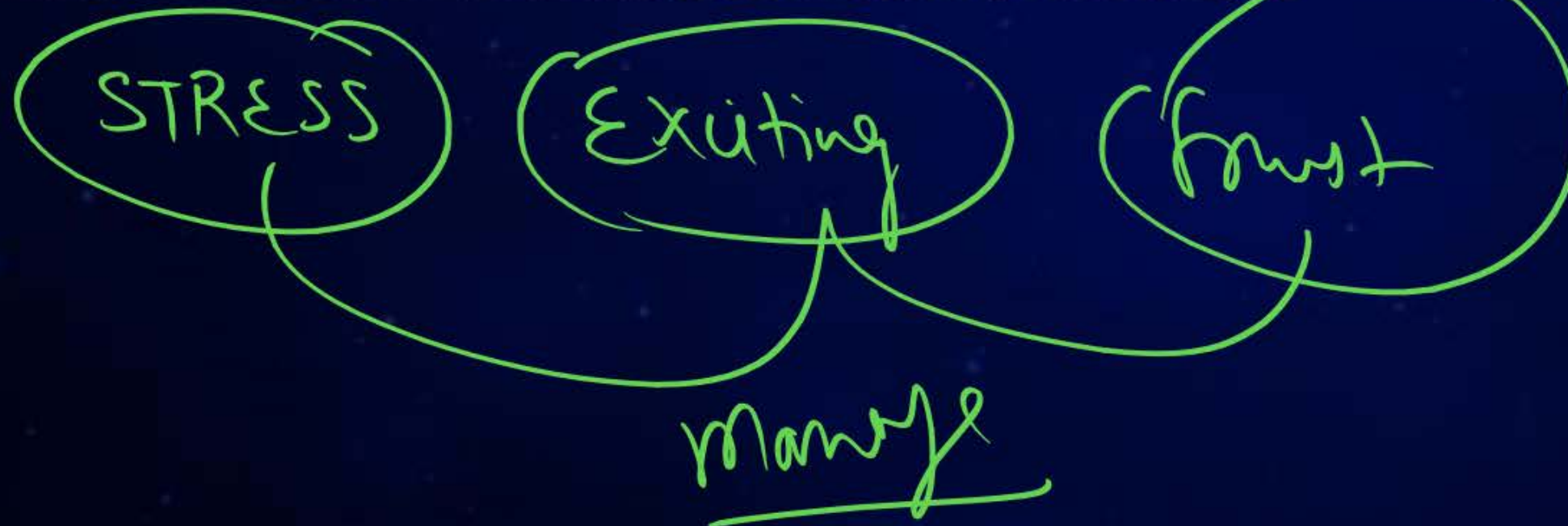






## Topic : Importance of Self-Regulation

- Self-regulation helps people to behave in socially acceptable ways. It endows them with the ability to control impulses.
- It helps people in making friends. Self-regulation allows children to share toys and express emotions like joy and anger in an appropriate manner.
- It makes people more independent as it enables them to make the right decisions about their behaviour. It teaches them how to behave in different situations without any guidance.
- It helps in managing stress. Self-regulation helps people to cope with strong feelings and enables them to calm down when they are angry.







## MCQ



PRATEIK → 7

**#Q:** Which of the following is an essential component of self-regulation?

- A** Setting unrealistic goals
- B** Procrastination → ✗
- C** Monitoring one's own behavior ✓
- D** Avoiding responsibility





## MCQ



**#Q:** Self-regulation helps students in:

- A** Managing their emotions
- B** Ignoring their responsibilities
- C** Achieving instant gratification
- D** Relying entirely on others for motivation





## MCQ



**#Q:** A student practicing self-regulation is most likely to:

- A** Give up after facing difficulties
- B** Stick to a study plan despite challenges
- C** Leave tasks unfinished
- D** Depend on external rewards for motivation

b





## Summary



Reading

2 marks (2-3) points

4 marks





## Homework For Udaan Module



100





Thank  
YOU