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Course/Year Level: BSCS - 1

UNDERSTANDING THE SELF
Final Examinations (Module 3 Output)

Self-Assessment

Physical Self	Intellectual Self	Emotional Self	Spiritual Self
I make sure that I get enough sleep and eat at the right time. I list things that I should do for the day so I will not be stressed out about the things I should do. I rest for a while when my body feels weak to regain energy so I could continue my works.	I always read things on the internet to gain additional knowledge. I like to discover things and always make sure that I get to know new things every day.	I talk to myself and process all the things on my mind. I reflect and meditate when I feel like I needed it. I don't usually talk about my emotional self to other people so I always comfort myself by meditation.	I pray and attend Sunday service with my family.
Social Self	Intrapersonal Self	Digital Self	Economic Self
I have my friends that always makes me feel at ease. My friends are always the first one who will contact me rather than me reaching out to them first, but we know that we always had each other's back.	When I have completed a task I reward myself with foods that I have been craving for. Or I will let myself rest and watched my favorite movies.	I avoid fake news on social media and also preventing myself to be a victim of fake news. I educate myself about the internet so I will not be fooled.	I save up money by putting up my needs over wants. I would do my best to buy only the necessary things.

Action Plans

Goal 1: <u>Physical</u> Self		
To lose all the weight that I have gained during quarantine.		
Action Steps	Resources	Potential Challenges
Actions to be done Walk daily or use the treadmill And set up a time for about 45 mins.	What are the needs? Comfortable outfit for workouts	What are the challenges to be face? It's hard to breathe with face mask on and face shield
What else to do? Use the bicycle every after walk. Or use bicycle for 3 times a week.	Use proper protection such as helmets and knee pads	Sometimes Accidents happen
Play the badminton and stay hydrated	Prepare the materials needed	It's a challenged if there no place suitable for playing badminton.
Reduce foods that contains a lot of calories and also avoid junk foods.	List the food that should not eat.	These foods are delicious and my favorites so its hard to resist
Measures of Success		
<ul style="list-style-type: none"> • Reduced weight • Fit and healthy body • From 56kg to 51kg • List of how many pounds I lose each day • • 		
Minimum Time of Completion:	Before 2021	

Goal 2: <u>Emotional</u> Self		
Be confident and emotionally stable		
Action Steps	Resources	Potential Challenges
Actions to be done Read about things and be knowledgeable.	What are the needs? Books or Internet and gadgets	What are the challenges to be face? Lack of resources
What else to do? Dress whatever I want.	My comfortable outfits	Be judged.
Find my own style to be more comfortable and to be myself more	Explore things go to different places.	Not really finding my style
Meditate	Peaceful and comfortable place	The environment is not good.
Measures of Success		
<ul style="list-style-type: none"> • Confident enough • More comfortable with myself • Less breakdown • More happiness • • 		
Minimum Time of Completion:	Before 2021	