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**Course/Year Level:** BSCS 1

**UNDERSTANDING THE SELF**  
Final Examinations (Module 3 Output)

**Self-Assessment**

<b>Physical Self</b>	<b>Intellectual Self</b>	<b>Emotional Self</b>	<b>Spiritual Self</b>
I always do my best to have 8 hours of sleep every night, but most of the time I ended up having 6 hours of sleep.	When I don't have a class, I spend my day playing online games, reading books, watching movies or K-drama and updating my social media.	I talk to my mother about my problems, but most of the time our topic is usually about girly stuff sometimes about kpop.	I make sure that I will not forget God in my every single day of my life.
<b>Social Self</b>	<b>Intrapersonal Self</b>	<b>Digital Self</b>	<b>Economic Self</b>
I spend most of my time using my phone, but I don't expect my friends will contact me and also my relatives I don't expect them to contact me unless if it is about money.	When I have a task, specially assignments I always make sure that I can finish it so that I can reward myself a food.	Since I am using my phone most of the time and spending it on social media, I make sure that I limit myself to read some issues specially when it comes to government stuff, because I easily get mad.	Before, I always buy some stuff in the mall after class, because our school is near in the mall, but since its quarantine I do my best to not install the LAZADA and SHOPEE app so that I will not buy online.

## Action Plans

Goal 1: <u>Physical</u> Self		
What do you intend to reach?  I want to lose weight		
Action Steps	Resources	Potential Challenges
What are the actions to be done?  30mins Exercise	What do you need (e.g. financial, material, support, etc.) to be able to do this specific action?  T-shirt, leggings, shoes, water, and music.	What challenges will you be facing in doing this specific action step?  I have asthma so I need to limit myself doing this exercise.
What else do you think you need to do to reach your goal?  Watch on YouTube a dance class/lesson.	What do you need to be able to do this specific action?  Gadgets, internet connection, T-shirt, leggings and shoes.	What problems or hindrances you think you will be facing in doing this specific action?  I need to limit myself doing this because I have asthma.
Need to reduce rice intake.	Rice	I can't control myself to eat rice, especially when our viand is delicious.
Need to drink 8 glasses of water	Water	Always need to go to the cr.
Measures of Success		
<ul style="list-style-type: none"> <li>How do you say that you reached your goal?</li> <li>What observable or tangible evidences needed to say that the goal is met?</li> <li>I can wear my skirt that I bought before quarantine, because when the quarantine start, I am starting to eat a lot of foods and starting to gain weight.</li> </ul>		

<b>Minimum Time of Completion:</b>	End of December
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Goal 2: <u>Physical</u> Self		
I want to have a clear skin.		
Action Steps	Resources	Potential Challenges
Need to have skin care routine.	Products that I need to use in my face. (there are a lot, so I will not list it).	I don't have those products, because some of them are expensive.
Complete the 8 hours of sleep.	Bed	I can't complete my hours of sleep because of gadgets.
Stop eating oily foods and junk foods	Foods	My aunt has a store, and I can easily buy some junk foods, and our viand most of the time are fried.
Stop putting makeup.	Makeup	I don't wash my face properly because I am lazy.
Measures of Success		
<ul style="list-style-type: none"> <li>No acne, reduce eyebags, and have a clear skin.</li> </ul>		

<b>Minimum Time of Completion:</b>	End of December
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