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Course/Year Level: BSIT - 1

UNDERSTANDING THE SELF

Final Examinations (Module 3 Output)

Self-Assessment

Physical Self	Intellectual Self	Emotional Self	Spiritual Self
<p>How do you perceive yourself as an individual who practices physical awareness?</p> <p>I perceive myself as someone who is very conscious about my physical image. Thus I regularly exercise and maintain a healthy diet.</p>	<p>How do you see yourself as someone who is constantly striving to become better in academics?</p> <p>I see myself as a person who is striving to become better than what I am before. I may be lazy but once I set my mind to it, I do it.</p>	<p>How do you control yourself with emotionally straining problems?</p> <p>I control myself by thinking that the problems that strain my emotional side is just temporary. I smile it through.</p>	<p>How do you deal with spiritual needs?</p> <p>I deal with my spiritual needs by praying. Putting my faith in everything I do.</p>
Social Self	Intrapersonal Self	Digital Self	Economic Self
<p>How do you interact with other people within the community and environment you are?</p> <p>I interact with other people by being who I am. If they shoot me down, then I proceed to another group of people.</p>	<p>How do you perceive yourself as a person who is dealing with personal problems and voices?</p> <p>I perceive myself as someone who doesn't share a lot. I have a hard time trusting someone.</p>	<p>How do you manage to keep up your digital personality with your physical personality?</p> <p>I manage it by being neutral. I do not side with things I know that can be falsified. Not everything I see in the digital world is real.</p>	<p>How do you think yourself as someone who doesn't care about expensive things?</p> <p>I do not like buying expensive things. I lean towards the side of functional objects rather than fashionable.</p>

Action Plans

Goal 1: <u>Physical Self</u> Self		
<p>What are your goals for your physical stature?</p> <p>To have a better body than what I have right now.</p>		
Action Steps	Resources	Potential Challenges
<p>What are the moves that can be done?</p> <ul style="list-style-type: none"> Start training myself by exercising 	<p>What do I need in order to reach my goal?</p> <ul style="list-style-type: none"> Self-Discipline 	<p>What are the potential bumps or challenges for you?</p> <ul style="list-style-type: none"> Lack of time. Since I am balancing work and school.
<ul style="list-style-type: none"> By doing regular push ups during this quarantine along with body weight training, 	<ul style="list-style-type: none"> Motivation. Good music and support from my loved ones. 	<ul style="list-style-type: none"> Current physical state. I haven't worked out in a while.
<ul style="list-style-type: none"> Once everything is settled, I start training in cross fitness training. More on Cardio and lean muscle training. 	<ul style="list-style-type: none"> Protein shakes. Workout supplements. 	<ul style="list-style-type: none"> Lack of money or the current situation of the community due to COVID-19.
Measures of Success		
<ul style="list-style-type: none"> Confidence boost in myself Significant weight increase Noticable changes in my physical stature 		
Minimum Time of Completion:	When do you think you can accomplish this? To be honest, I do not know.	

Goal 2: <u>Social</u> Self		
What are your goals for your social stature? To choose friends carefully next time		
Action Steps	Resources	Potential Challenges
What are the moves that can be done? <ul style="list-style-type: none"> I can start by cutting of toxicity in my life 	What do I need in order to reach my goal? <ul style="list-style-type: none"> N/A 	What are the potential bumps or challenges for you? <ul style="list-style-type: none"> I might have trouble with cutting people off with my consciousness
<ul style="list-style-type: none"> By exercising the mindset of "If you don't like me, leave" 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> It might hurt me in the end.
<ul style="list-style-type: none"> Keeping friends close to me and trusting them 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Friends that stab me in the back by sharing all the secrets I told to them.
Measures of Success		
<ul style="list-style-type: none"> If I can successfully say that I have good friends If I feel loved in every sense 		
Minimum Time of Completion:	When do you think you can accomplish this? To be honest, I do not know aswell.	