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**Course/Year Level:** BSIT - 1

**UNDERSTANDING THE SELF**

Final Examinations (Module 3 Output)

**Self-Assessment**

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

**Action Plans**

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| **Goal 1: Physical Self Self** | | | |
| What are your goals for your physical stature?  To have a better body than what I have right now. | | | |
| **Action Steps** | | **Resources** | **Potential Challenges** |
| What are the moves that can be done?   * Start training myself by exercising | | What do I need in order to reach my goal?   * Self-Discpline | What are the potential bumps or challenges for you?   * Lack of time. Since I am balancing work and school. |
| * By doing regular push ups during this quarantine along with body weight training, | | * Motivation. Good music and support from my loved ones. | * Current physical state. I haven’t worked out in a while. |
| * Once everything is settled, I start training in cross fitness training. More on Cardio and lean muscle training. | | * Protein shakes. Workout supplements. | * Lack of money or the current situation of the community due to COVID-19. |
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| **Measures of Success** | | | |
| * 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. | | |

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| **Goal 2: Social 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?   * I can start by cutting of toxicity in my life | | What do I need in order to reach my goal?   * N/A | What are the potential bumps or challenges for you?   * I might have trouble with cutting people off with my consciousness |
| * By exercising the mindset of “If you don’t like me, leave” | | * N/A | * It might hurt me in the end. |
| * Keeping friends close to me and trusting them | | * N/A | * Friends that stab me in the back by sharing all the secrets I told to them. |
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| **Measures of Success** | | | |
| * 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. | | |