**Week 1: Offline Activity**

**Task 1: Watch the videos through the links given below:**

1. 6 Reasons Your Personality Is Important | Personality & Why It Matters <https://www.youtube.com/watch?v=KqcjT9RamqY> (04:28)
2. Understanding PERSONALITY (Meaning and Definition Explained) What is Personality? <https://www.youtube.com/watch?v=bDn9pmxh-88> (02:59)
3. The Science of Personality <https://www.youtube.com/watch?v=RGdK67Z0A00> (37:56)
4. You Can Change Your Personality | Nathan Hudson | TEDxKids@SMU <https://www.youtube.com/watch?v=gLhkvGGVUig> (12:50)

**Task 2: Answer the questions based on your understanding of the concept of ‘Personality’.**

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| 1. **Do you think one can change his/her personality? How? (around 70 words)**              Yes, I think one can change his/her personality. I think that can be simply done by faking it until you make it, it seems hard but can be easily done by three steps i.e.  1) Realistic: dream big and complete it by completing small-small realistic goals that can take you to that change.  2) Actionable: Means make your goals actionable that brings change or is effective.  3) Persistence: Make your schedule and do it regularly. |
| 1. **Why personality matters for you? (around 70 words)**  * Because Personality is What Makes You Interesting. * Because Personality Can Change * Because Personality is How We Distinguish Ourselves * Because Personality Can Get You Further Romantically * Because Personality Can Get You Further Professionally * Because Personality Doesn’t Fade Away |
| 1. **Write something about your own personality and a personality you admire the most. (around 140 words)**   I am an extrovert type person. Like to live alone for most of the time. This doesn't mean I don't need family & friends. I need them a lot. Without them I can't leave. I usually spent time playing games, watching cricket & football matches and scrolling on social media platforms. I like to hear over to speak with peoples. I used to be helpful to the people who wants help. And believe in hard work and passion. Personality I admire most are Cristiano Ronaldo because of his hard work, passion and involvement in the game which he likes to do, also I admire Mahendra Singh Dhoni and Sachin Tendulkar because of his focus, hard work and understanding on and off the pitch of the surrounding society. They teach me that without hard work and passion in what you want to achieve, it cannot be done. |