

Rua, Kurt Benedict Wilbur SAS 1

TASK 1: "3 TIPS TO BOOST CONFIDENCE."

1. Try a quick fix.
2. Believe in your ability to improve
3. Practice failure
4. stop comparing yourself to others.
5. celebrate your small wins.

TASK 2: "MY STRENGTHS AND WEAKNESSES"

1. I have great social skills, I am extroverted & I like making friends. I try to exude an approachable energy.
2. I am very much adaptable, in each situation I try to have backup solutions to try & maintain tranquility in trials.
3. I am someone that cannot control emotions sometime, I think I can solve this by meditation & self-assessment.
4. I have a habit of self criticism, I lower my self-esteem sometimes because I put an unattainable standard. I should practice patting myself in the back.
5. My takeaway is that it is important to recognize your strengths & weaknesses. In order to be kinder to yourself, & recognition of some potential improvements that might put you in a path towards true actualization.

SUB TASK 2: WHICH CAN YOU RELATE WITH

"Suki ko sa taho."

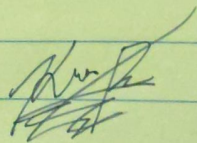
- I believe that his line resonated with me as an overthinker. I often think a lot about things that don't even impact me directly. This action is very exhausting. I relate because we should give ourselves the courtesy to rest, not physically but mentally, in order to recharge yourself for the other challenges that life brings. We live in a cruel world it doesn't stop no matter how much we fall, in times of trial in times that we fall, it is important to rest before picking yourself back up from the ground. In UP where thinking is a responsibility, be kind to yourself enough to give yourself a chance to recover.

TASK 3: "MY SELF-EFFICACY TALK"

"Kurt, look at the people who support you rather than those who pull you down. Magaling ka, lagi ka maniwala sa kaga mong gawin. You've already proven a lot of things, just be confident in yourself and you're destined to do great things pa in the future!!"

TASK 4: SYNTHESIS TALK

We started our SAS 1 journey by the question "who am I?" To know and understand yourself is very important. By recognizing shortcomings, weaknesses, and the different components of the self we can understand ourselves better. I am still getting to know myself, but through this course, I am in a better place. I recognize my weaknesses & I acknowledge them, like in the video, I learn more about myself by being realistic and being comfortable in my skin. the important step to knowing & understanding yourself is acceptance and no comparison to others. Me personally, I know my ideal self and I recognize what I need to do to narrow the distance between it and my real self. A step towards the positive direction of higher self-esteem and acceptance of one's present state & abilities.



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