

Valentin, Gabriel Isiah S.

07/18/2025  
12:21 PM

### Task 1: 3 tips to boost your confidence

- Try a quick fix (picture your success, pep talks)
- Believe in your ability to improve
- Practice failure
- Set small goals and celebrate small wins
- Do it scored

### Task 2: My strengths and weaknesses

#### Strengths

1. Dedicated
2. Organized
- ~~3. Hardworking~~

#### Weaknesses

3. Shy - try to interact more with others and being more confident
4. Not punctual - wake up earlier and move faster in the mornings
- ~~5. Lack of confidence~~

5. By being more self-aware, I can build on my strengths, grow from my weaknesses, and make smarter choices.

### subTask 2: which you CAN RELATE WITH?

I resonate with the Mother Teresa quote because I too think the same. I don't look like the friendliest person but if someone were to take the time to sit with me and know me, I would be glad to let them know about me and talk about our lives. Taking time and getting close to a person reveals a lot about them and it helps them feel seen. Love is hard to show and provide from a distance, that's why I think closing that distance is important.

Task 3: ~~How do I feel about myself?~~ "MY SELF-EFFICACY TALK"

"Kakayanin ko 'to! Marami na akong pinagdaganang mas mahirap pa dito."

"Kahit gaano kalit pa yan, progress is progress!"

"I am capable, at lagi kong susubukang matuto. Kaya ko 'to!"

Task 4: Synthesis Lecture Insights

Knowing myself means embracing my strengths and weaknesses. I have talents, skills, and my own intelligence that makes me unique. I don't need to compare myself to others. Accepting my flaws is important because true self-esteem is built with honesty and kindness toward myself. It is better to be true to who I am instead of giving in lies to please others. Pretending, seeking attention, and playing victim will not help me grow. I don't need others' validation, I just have to grow and be the best I can be.



1:46 PM