

Instruction:

Imagine yourself in the situation and think what you do if such situation happens in life, try to understand the question completely before answering it. Be true to your knowledge to understand about your current capabilities.

Questions:

1. How do you respond when you receive criticism from someone you respect, and what steps do you take to process and reflect on the feedback? Do you consider how the criticism relates to your own values and goals, and how do you use the feedback to improve your performance or behaviour?
2. How do you practice self-care when you're feeling stressed or overwhelmed, and what specific activities or routines do you use to recharge and maintain your well-being? Do you pay attention to your own needs and boundaries, and how do you balance your own needs with the needs of others?
3. How do you handle failure or setbacks, and what strategies do you use to stay motivated and continue working towards your goals? Do you take time to reflect on what you could have done differently, and how do you learn from your mistakes to improve your performance in the future?
4. How do you manage your emotions in high-pressure situations, such as a job interview or public speaking engagement? What strategies do you use to calm your nerves and maintain your composure, and how do you ensure that your emotions don't interfere with your performance?
5. How do you respond when someone disagrees with you, and what steps do you take to resolve conflicts? Do you listen actively to the other person's perspective, and how do you communicate your own feelings and needs effectively? How do you find a compromise or solution that works for both parties?
6. What strategies do you use to cope with stress or anxiety, and how do you know when to seek professional help? Do you practice mindfulness or meditation, exercise regularly, or talk to friends or family about your feelings? How do you recognize when your stress or anxiety is becoming too much to handle on your own?
7. What are your strengths and weaknesses, and how do you leverage them to achieve your goals? How do you use your strengths to overcome challenges, and how do you work on improving your weaknesses? Do you seek feedback from others to help you identify areas for growth?
8. How do you manage your time effectively, and what steps do you take to prioritize tasks and responsibilities? Do you use a planner or other time-management tools to stay organized, and how do you balance competing demands on your time? How do you ensure that you're devoting enough time to important activities, such as self-care or pursuing your goals?