

1. Differentiate in a few sentences between self-affirmation and self-compassion.

A:self-affirmation encourages you to think positively about all the important things in your life like family, career, individual personality. instead of judging and criticizing yourself for inadequacies or shortcomings

Self-compassion teaches us to confront the personal feelings and the problems you will be facing in our personal life.

2. What does the happiness song tell us? Explain in few sentences

A:Happiness song tell us that real happiness lies in the present, u have to live in the present we should not think of the past regrets which may render our happiness. we should not be in a hurry to do something and to go somewhere, we should have to maintain our inner peace, in this world of chaos we should have the peace to be happier. we should always think that happiness will be present where you are what are you working on, and it is the happiness.

3. Why do we need to be grateful? Explain in few sentences

A:Gratitude promotes optimism and helps us to develop a more positive outlook. It will let us pause for a moment to reflect on something we have in our life right now instead of always striving for more., Like the next goal, the new dress, new car, or the new house.

Gratitude is simply cultivating a genuine appreciation for what we already have. And if we give our 2 minutes to recapitulate all the good memories we have, it will rejoice our mental health and increases our ability of thinking and keeps us happy.

4. What was your takeaway from the story of vapour? Discuss in few sentences.

A:We should be happy for whatever form we exists in because we live in a loop from where we can't find exit. In this context the same water vapour can be transformed as seas and oceans which helps the large bodies, similarly the impact of our present situation may help others or us in the future, we should have to spread happiness.

5. According to the personal paradigm, journey in life, and happiness web, where are the improvements required in yourself? List them and a few words how you would overcome them.

A:

TIME USE:

I will not use my leisure time efficiently, I waste the time in browsing through my internet and watching Tv, and having talks with friends on my phone which I feel regret after sometime realising the about the time I had wasted,

I will overcome it by switching off mobile and will keep my mobile out of reach and I will reduce my data packs on my mobile so that I may not be using the mobile as I will be having limited data on mobile, I will daily prepare the stats of much I have wasted the time a day at the end of the day, examining that daily will increase my usage of time and will motivates me to reduce the time wastage.

Health physical and mental:

At times I will not be concerned about my physical health if I have to work on something, I will keep on working if something interests me no matter my physical health.

I will overcome this by constantly taking rests even though I'm busy.

If I lose something or all the work goes in vain I will feel much depressed and will not have any idea on how to handle the situation and keep going.

I will overcome this by spending more time with the family at these peak situations and will be having some kind of relaxation or else I will be talking with my best friend, because his talk will relief me from any situations.