



Self-Awareness and Mindfulness for Managers

Term Examination
1 Year
September 2019

Time - 3 Hour

MM-50

The question paper contains 1 printed page.
Attempt all questions.

Q1 List down 5 biggest victories (winning situations) in your life. It could be about events in school, college, work, working out friendships, relationships, overcoming adversities or anything else that has boosted your self-confidence, given you direction in life, shown your hidden strengths, enhanced your Self Awareness or brought a sense of achievement.

Min 500 words for each victory (total minimum 2500 words) Why do you think they were your victories and what have been your learnings from each of these victories? Did some of these learnings become a permanent part of your self? Is there scope of reviving some of them as your strengths?

What is your view on these after attending the course? Is there any change in your perspective? What is that change in your perspective?

(20 marks)

Q2 As Self Awareness grows, you can begin to see very clearly how stress and anxiety affects so many areas of your life. Awareness about effects of stress is an important first step toward greater well-being. Stress can be positive in certain situations but continuous stress and anxiety can be harmful.

Please describe how is stress or anxiety affecting your quality of life? You may write about career choices, relationships, health etc. Min 500 words

(10 marks)

Q3 What are your top professional priorities (communication skills, academics, new learnings, courses, job placement etc.) till March 2021? What are the efforts needed on your side to achieve these priorities? Pl write a detailed action plan. Min 500 words

(10 marks)

Q4 How much money is required in your life? What are your financial goals till your age of 40? Who has inspired you for this goal? How to go from money to meaning? Is it worthwhile to chase money only?
Min 800 words

(10 marks)