



S.S.B

INTERVIEW

SEE YOUR - SELF BEHAVIOUR

1	SELF DEFENSE	
2	CONFLICT MANAGEMENT	
3	FINANCIAL INDEPENDENCE	
4	HEALTHY RELATIONSHIPS -	Recognize & nurture positive connections.
5	SELF DISCIPLINE -	Develop the ability to stay focused & avoid distractions.
6	GRATITUDE	Appreciate & express thankfulness.
7	PUBLIC SPEAKING	Boost your confidence in speaking to others & presenting ideas.
8	MINDFULNESS	Stay present & manage stress.
9	DECISION - MAKING	Understand the consequences of your choices.
10	BOUNDARIES -	Set a Respect personal boundaries.
11	DIGITAL LITERACY	Use technology responsibly & safely.
12	TIME MANAGEMENT	Plan your day to balance work, rest & play.
13	COMPASSION -	Show kindness and support to others.
14	NEGOTIATION	Develop skills to resolve differences.
15	HEALTHY BOUNDARIES -	Say " NO " when needed protect your mental well being.
16	CREATIVITY	Explore new ideas & Think outside the box.
17	ASSERTIVENESS -	Stand up for yourself respect fully.
18	COLLABORATION -	Understand the value of teamwork and working with others.
19	ADAPTABILITY	To be flexible & open to change.
20	LEADERSHIP	Take initiative & inspire others.
21	SELF CONFIDENCE	Trust your abilities.
22	EMOTIONAL INTELLIGENCE -	Manage your emotions & understand others .
23	FINANCIAL LITERACY -	Manage money wisely.
24	COMMUNICATION SKILLS -	Express your thoughts & feeling clearly.
25	PROBLEM SOLVING -	Find solutions rather than Thinking problem.
26	RESILIENCE -	Bounce Back from setbacks & keep going.
27	TIME - MANAGEMENT -:	How to prioritiz task Effectively.
28	SELF - CARE / FAMILY -	Taking Care of your body & mind.
29	GOAL- SETTING -	Work toward your personal goals.
30	CONFLICT RESOLUTION -	How to Handle Disagreements calmly & respectfully.
31	INDEPENDENCE -	Ability to make decision & take responsibility.
32	SELF - CHARACTER -	Always follow positive character.
33	SELF - INTROSPECTION -	Keep it practice.

“IT IS SIMPLE,

JUST

KEEP IT SIMPLE”

“ SMILE ”

SOLID MIND – SET,

BOLD – ACTION”