

LESSON – 3

EXPLORING MY UNIQUENESS

Q1 How do I explore my uniqueness?

Ans. Focus on self-awareness by identifying your strengths, passions, and values.

Q2 What is Persona?

Ans. We all relate to different people in different situations in different ways.

These different ways of appearing to the world are known as our personas.

Q3 How do you recognize your persona?

Ans. Reflect on your natural traits, behaviors, and values through private reflection, journaling, and observing your interactions and reactions in different situations.

Q4. What is the difference between an Optimist person and a Pessimist person?

Ans. An **Optimist** person is a person who looks at the **POSITIVE** side of things while
A **Pessimist** person is a person who looks at the **NEGATIVE** side of things.

Q5 What are Our THREE SELVES?

Ans. 1. Private Image - Is how you see yourself what you really are.
2. Public Image - Is how others see you.
3. How GOD sees you.

Q6 How God sees us?

Ans. God sees us, the way we are.