

Exercises

Ex. A) Complete the following sentences. (Ans.)

- (1) that we feel are so important in life.
- (2) find joy & happiness in what life provide us.
- (3) perphase and many times even mislead people.
- (4) but reduced our values.
- (5) it also affect us mentally and psychologically.

Ex. B) Answer the following questions.(Ans.)

- (1) Greed is like a very tasty food -- too little leaves you hungry--- too much can be fatal and dangerous.
- (2) The availability of goods and mass advertising has given rise to consumerism. The factors are....
 - (a) Acquisition of goods gives rise to envy, jealous, greed and a sense of false comfort.
 - (b) It makes us lose sense of right or wrong.
- (3) Nature teaches us the balancing act. Example.. A plant will absorb only as much water as it needs. It will not take an ounce more or an ounce less.
- (4) The ways though which companies lure us to buy their products are.....
 - (a) By marketing
 - (b) By giving discount
 - (c) By showing it is useful and better than other products.
- (5) Being happy is in our hands.we can be happy if we stop complaining stop comparing ourselves with others and contented with what we have. We must make efforts to make the best of what we have, rather than craving for more.

Exercises

Ex. (A) write A if you agree and D if you disagree.

- (1) agree
- (2) disagree
- (3) disagree
- (4) agree
- (5) agree

Ex. (B) Answer the following questions.

(1) passion is essential for success because.....

- (a) It gives you extra energy to work.
- (b) It always attracts you.
- (c) It makes you work hard.
- (d) you don't get tired.
- (e) It keeps you excited and enthusiastic all the time.

(2) To identify your passion it must pass the following test :

- (a) It attracts you.
- (b) It is easy for you to learn.
- (c) you love doing it.
- (d) you don't get tired of it.

(3) Yes, passion can be generated by chance incidents.

(4) Doing something in a different way is creativity. It is possible in any field or work. It is not limited to scientist, artists, poets or musicians alone.

(5) Yes, we agree that passion, creativity and enthusiasm are interlinked because.....

- (a) Passion can be understood as activities that we love to do and are better than the average at doing them.
- (b) Creativity is the ability or the tendency to generate or recognise ideas, alternatives or possibilities that may help in solving problems.
- (c) Enthusiasm is great eagerness to be involved in a particular activity which you like and enjoy or which you think is important.

Exercises

Ex. (A) Fill in the blanks.

- (1) inventions and discoveries
- (2) connect
- (3) learn , understand and implement
- (4) Achievement
- (5) self starters

Ex. (B) Answer the following questions.

- (1) Because emotional intelligence is the ability to be turned in to our surroundings and to be able to survive and intelligence quotient help you learn, understand and implement knowledge, logical reasoning and abstract thinking. Emotional intelligence is more from the heart and IQ is the head or our brain.
 - (2) Emotional Intelligence is the ability to be aware of one's emotions and to be able to control it.
 - (3) Self- awareness means the ability to recognise one's own feelings and the ability to know one's own strengths and weaknesses.
 - (4) Some aspects of relationship management are as follows:
 - (a) Developing others : This ability is the instinct to act as a coach or a mentor.
 - (b) Influence: Being able to influence others is the ability to manage emotions in others.
 - (c) Communication : To be able to get your point across to the other person is a great ability.
 - (d) Change catalyst : This is the ability to usher in change smoothly.
 - (e) Building bonds : Networking is the emotional ability that helps make strong friends.
 - (5) Emotional Intelligence not only helps us to interact and deal with people us maintain a balanced life by managing our stress levels which has an overall impact on our health. It also affects our attitude and outlook on life.
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