

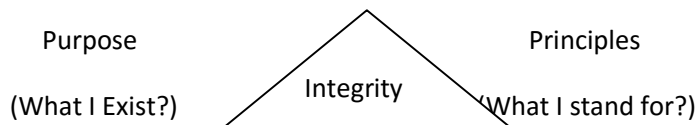
Self-Exploration

Self-exploration implies a careful examination or analysis of one's own potentials and weaknesses. In Sanskrit term it is also known as “**Atma-Vichara**”, which represents the inward journey into yourself, into your own inner space for understanding you fully and completely. For that we need to study ourselves in larger Order. Because it is a search of systematic study of ourselves. It's me who feels happy or unhappy. Successful or unsuccessful in life. Therefore what is right for me, better for me that should be judged by myself only.

Contents for Self Exploration:-

Self-Exploration consists of the critical assessment of the following virtues:-

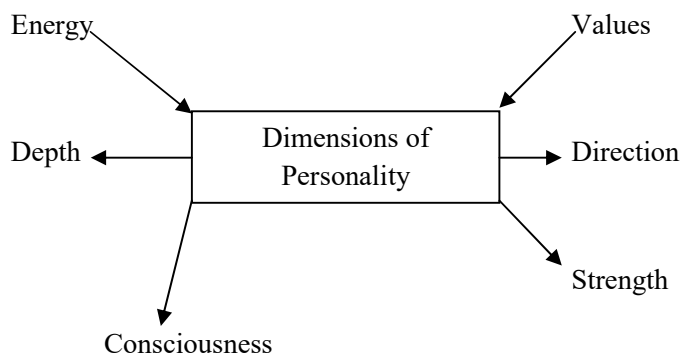
- **Values:-** When we are talking about the self-exploration we should think about the values that we should see in an organization before joining it. Without such values it becomes difficult for the employees to sustain in that organization which employers wished to see in their employees? Some of the values which employers look in their employees are as follows:-
- **Strong Work Ethic:-** Employers value employees who understand and possess a willingness to work hard. Not only hard work but smart work is always appreciated by the employees.
- **Possessing a Positive Attitude:-** A positive attitude gets the work done and motivates others also for the same work. This attitude is valued both by supervisions and Co-works.
- **Honesty and Integrity:-** Employers value employees who maintain a sense of honesty and integrity above all else. Good relationships are built on trust.



Intentions

(What I am up to?)

- **Self-Motivated:-** Self-Motivated employee understands his/her responsibility on the job, they will do it without interference from others. Environment given by the employers should be safe and supportive so that the employees may learn and grow.
- **Strong Self-Confidence:-** A Self-Confident person is someone who inspires others. A Self-Confident person is not afraid to ask questions on topics where they feel they need more knowledge.
- **Personality:-** Personality traits are not inform or come by gives but we have to develop these traits after landing on earth. Personality is what makes a person a unique person. A child's personality has several components: temperament, environment and character.



- **Skills:-** Apart from academic education we must have to learn many extra curriculum skills like:-
 - Public speaking Skills
 - Body language Skills
 - Handwriting Analysis Skills
 - Behavioral skills
 - Anger Management Skills
 - Fitness Skills
 - Yoga and Exercise
 - Food Habit
 - Communication Skills
 - Relationship Skills

- Super Learning Skills
- Dealing with Problems
- Self-or Auto Suggestions Skills

Reference Books:

1. Srivastava, Smriti; *Human Values and Professional Ethics*; S.K. Kataria & Son Books, New Delhi; 2010-11
2. Gupta, Y.K.; *A foundational course in Human Values and Professional Ethics*; Shubham Publications, New Delhi; 2010