

LIFE ORIENTATION LEVEL 2

TOPIC 1 - ACTIVITY 1

Question 1

Explain the term SMART goals

S-

M-

A-

R-

T-

List three SMART goals you would like to achieve

1. _____

2. _____

3. _____

What is a SWOT analysis?

S _____

W _____

O _____

T _____

Question 2

Define the following terms

Motivation:

Self-motivation:

Confidence:

Self-image:

Perseverance:

Ambition:

Peer pressure:

Skills:

Question 3:

3.1 List and explain the FOUR main factors that contribute or detract from your self esteem

1. _____
2. _____
3. _____
4. _____

3.2 List 5 benefits of a positive self-image

1. _____
2. _____
3. _____
4. _____
5. _____

3.3 List and explain the 6 strategies/ways used to motivate people

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

3.4 When prioritising goals there are three aspects /method you need to look at

1. _____
2. _____
3. _____

3.5 There are many obstacles that could be in your way of reaching your goals list them and also explain how you can overcome them.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

3.6 Name 5 principals of managing time

1. _____
2. _____
3. _____
4. _____
5. _____

3.7 List three reasons why it is important to meet deadlines

1. _____
2. _____
3. _____

3.8 List three reasons why it is important to be punctual

1. _____
2. _____
3. _____

3.9 list 5 effects of time wasting

1. _____
2. _____
3. _____
4. _____
5. _____

3.10 List 3 time management tools

1. _____
2. _____
3. _____

3.11 List 3 common time wasters

1. _____
2. _____
3. _____

3.12 Differentiate between short, medium and long term goals

Short-term goals	Medium-term goals	Long-term goals

Question 4

4.1 Explain the correct way of dealing with the following:

Anger:

Sadness:

Disappointment:

Bullying:

4.1 What is the correct way of sharing your emotions?

4.2 List 5 characteristics of a positive relationship

1. _____
2. _____
3. _____
4. _____
5. _____

4.3 List the 6 Steps in the Decision making process

- Step 1: _____
- Step 2: _____
- Step 3: _____
- Step 4: _____
- Step 5: _____
- Step 6: _____

4.4 How do you cope with change?

4.5 What are the benefits of a positive attitude?
