

## Life Skills Activity

In order to cultivate self-awareness and self-motivation, it is helpful to regularly engage in reflective exercises such as journaling, meditation, or mindfulness practices. By taking the time to understand our thoughts, emotions, and beliefs, we can better identify our strengths, weaknesses, and areas of growth. Additionally, setting goals and creating actionable plans to achieve them can help boost motivation and drive towards personal development.











GPS Map Camera



**Pandur, Tamil Nadu, India**  
5R2X+R9J, Pandur, Tamil Nadu 602001, India  
Lat 13.15224°  
Long 79.848278°  
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GPS Map Camera



**Pandur, Tamil Nadu, India**  
5R2X+R9J, Pandur, Tamil Nadu 602001, India  
Lat 13.152255°  
Long 79.848291°  
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