

GLOSSARY:

MOTIVATION:

The act or process of giving someone a reason for doing something, the act or process of influencing someone to do something.

PLAN:

A set of actions that have been thought of as a way to do or achieve something

RESPONSIBILITY:

The state of being the person who caused something to happen. The effect that some decision you have made caused in yourself.

SCHEDULE:

A plan of things that will be done and the times when they will be done.

SELF-ESTEEM:

A feeling of satisfaction that someone has in himself or herself and his or her own abilities.

STRENGTHS:

The qualities that allows someone to deal with problems in a determined and effective way.

WEAKNESSES:

The qualities or features that prevents someone or something from being effective or useful.