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# ***Question.1 (part .1)***

## ***Answer***:

# ***How I overcome challenges:***

Life can be a series of challenges that come in all shapes and sizes. They test our patience, inner strength, and beliefs. These tough times can be hard, but there are ways to deal with them successfully. If you’re going through a challenging time, you are not alone. This article will help you learn how to overcome the challenges you face now, or those that may come your way in the future.

If you or someone close to you is going through a challenge at the moment, it is likely to be in one of the main 3 areas of life:

Finances. It could be a financial or business challenge – losing your job, being made redundant, or dealing with debt.

Health. It could be a health challenge – an unexpected illness or chronic illness that gives you a feeling that there is no hope, no light at the end of the tunnel.

Relationships. It could be a divorce or a breakup, loneliness or difficulties with your children or a family member.

Challenges are difficult to overcome. It wouldn’t be a challenge if it wasn’t tough or if the solution was obvious and easy. We all go through struggles. Some people more than others, but we all go through difficult times in life. We cannot escape challenges, but we can choose how we respond to them. We can also choose the meaning that we give to those challenges.

## ***1.Gain a Sense of Perspective:***

When learning how to overcome challenges, remember that it is not the challenge itself, but your perception and interpretation of it that gives you negative thoughts and feelings. A great way to change your perspective is to imagine it from someone else’s

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## ***2.Reframe It—Change the Meaning:***

A great way to reframe is to ask questions because when you ask questions, your mind is forced to give you an answer. But there are good questions and bad questions.

## ***3.Focus on the Positive:***

Focus extra effort, the same as sitting up in a chair.

Thinking negatively is the easiest default thing for us to do. To reduce this natural tendency, you need to focus consciously on what is positive and good. Start appreciating all the things that are going well in your life.

## ***4.Take Responsibility:***

You may not be responsible for the challenge that is happening in your life. It can be something that is completely outside of your control. But now that you are in this situation, you are 100% responsible for the action you take. This is a good thing because it gives you choices and options, and you’ll feel more in control.

# ***Question.1 (part.2)***

## ***Answer***:

## ***The biggest goal I’ve achieved so far:***

My main goal in life is to expand and improve my father’s business and convert it into an international brand. BBA is going to help me achieve that because of various reasons:

1. First because of the pedagogy . The case study approach used in teaching will help me to tackle real life problems.
2. Secondly the peer interaction and learning is going to help me grow as an individual because l would be interacting l, solving problems and spending my time with students from domains.
3. Finally because an BBA will ensure a holistic development of my personality.
4. Being a fresher my thought process about various management problems would be different from people with work experience.
5. I would also not be biased towards any industry and have a open mind towards all arenas of the corporate world which would bring diversity in the classroom discussions.

# ***Question.1 (part. 3)***

## ***Answer***:

## ***What I do when I fail:***

‘Failure is the path to success’ is an old saying but it holds true even in today’s modern and fast-paced world. Some argue that failure is essential for gaining success in life, while others believe that one can be highly successful without going through a failure phase.Success is the result of bad experiences in life. The path to success is filled with difficulties and hurdles. Bad experiences in life teach many valuable lessons and to be successful, it is imperative to learn from the mistakes and avoid them in the future. The most celebrated personalities in the world have failed multiple times. For example, Jack Ma, the owner of the most prominent online shopping website in the world failed many times. He was rejected for the job at KFC, but he didn’t lose hope and learned from his mistakes. Today, he is one of the wealthiest persons on this planet. Therefore, failure is an essential part of an individual’s life.

Some people believe that failure is not essential to achieve success. In this modern era of social media, some people have become highly successful and gained popularity overnight by performing some acts. Hence the belief that bad experience may not be essential to achieve great heights in life.

Overall, the success of an individual comes from his mistakes in life. By learning from bad experiences, human beings can achieve big things in life.

***End.***