Major Assignment

Basic English/ Functional English

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PROGRAM: BBA

SUBMITED TO: MS WAJEEJA USMAN

DATE OF SUBMITION: 30 SEP 2020

**Q. Write a one page discourse on a given topics**

**1. How I overcome challenges**

Life is full of its ups and downs. One day, I may feel like I have it all figured out. Then, in a moment’s notice, I have been thrown a curve ball. But I am not alone in these feelings. Everyone has to face their own set of challenges. Learning how to overcome challenges will help to stay centered and remain calm under pressure. Everyone has their own preferences for how to face a challenge in life. If don’t know what is going to happen in the future, but you can always plan ahead. Look at the patterns in your life and see what challenges you’ve struggled with. Assess the optimal outcomes and make a plan for how you can achieve them. If you work somewhere and can anticipate the types of challenges you may face, then you can plan ahead. This is the same for [students in school](https://www.uopeople.edu/ambassadors/). If a challenge is [time management](https://www.uopeople.edu/blog/10-best-time-management-tips-for-students/), then you can learn and plan for calendar management.

Every person in this world has their low points. Some may handle or even hide it better than others. But the truth is, whatever you are going through, there are others who have been through it too. You’re not alone. Try to reach out to your community and network. Speak your feelings and express your concerns in all settings of your life. You’re not alone, so you can find help. There’s no need to feel ashamed for asking for help. Whether you choose to rely on a loved one, a stranger, a mentor, or a friend, there are people who want to help you succeed. By masking your feelings, they are not going to go away. Rather, feelings become trapped energy and can even have negative health consequences when they are ignored. Take some time to feel what you feel. This could come in the form of meditation. Or, if you’d rather write down what you feel, writing can be a therapeutic and cathartic experience. When you feel and share your feelings, you may also be able to see your situation in a new light.

Asking for help is only one side of the coin. On the other side of the coin, you have to be open and willing to [accept support](https://www.uopeople.edu/blog/what-is-a-support-system/). People who come to your aid truly do care about you. Be open to receiving help when you need it. The old adage goes, “What you give is what you get.” If you’ve been through a situation or have advice for someone you know who is going through a tough time, be sure to help out! Helping others not only benefits them, but it can also help you feel happier yourself. It can be easy to let yourself think small because of the fear of failure, or even the fear of making a decision. But, to accomplish great things in life, you have to be open to taking risks. With whatever challenges may arise, always think and dream big. That way, you will achieve more than what you could have ever imagined. Try not to let your thoughts get in your own way. When a challenge arises, be it a big test in school or an upcoming running race, don’t give up, Persistence is a huge key to overcome challenges. Giving up means that you will neither overcome the challenge nor learn from it. Power through challenges by asking for support, feeling your feelings, and making a plan to work through it. Generally, there is more than one way to get something done. However, there’s always just one optimal way, or best way of doing it. To work smarter rather than harder, start by working backwards. Outline and define your goal. Then, plan the process for how to get there. Perform research to see how others who have come before you have done it. Take count of your own skills and ideas for how you may be able to do it better. Then, stick to your path and get to work.

**2. The Biggest Goal I’ve achieved so far**

It was like yesterday, when I started my schooling and went on the first day to school. My teacher and class-fellows, I remember got familiar with me instantly as I was really talkative you can call it a talent, I perceive it that way. Keeping it aside which I would later continue, switching on to the goals that lay emphasis on our lives. There are people who aim for something and some who don’t. Who don’t also have dreams back in their head, the sub- conscious that they don’t realize. From dreams, I didn’t mean a fully furnished house, a limousine and few servants ready to bow down. Dreams comprise of passion and passion leads to the fulfillment of goals. Living it being alive and driven into it most of the time. In my case, I was misled unfortunately. A bright student in high school, I landed up at ambitions like being a pilot and going on cruising a plane or a doctor who would make his patients feel at home. Later, I realized it wasn’t my cup of tea not relatable to the kind of skills I own. All I used to do was MBA in finance. YEAH. MBA specifically. It could also be the narration of a skit or a virtue in FSC. The kind of confidence I come to the University for Admission, because I know this would be my last chance to do things I would never be able to. I always craved for it. But eventually, there has to be a sad part. As I graduated from college with engineering I had to continue with the same stream which was certainly forced. It was grievous because somewhere deep down, I knew my instincts. It would pull me towards my goal and that happened. I left everything once for all and went for it. The path was difficult but not impossible. Dream of becoming a business man, Influencing people and getting motivated to do more and experiencing new things each day. But for me I really touched it, felt it healing me like there was no other cure for me better than this. Living are dreams come true, is already achieving it.

**3. What I do when I fail**

1. **I learned a more flexible mindset**. When I will rigidly trying to stick to a plan or achieve a goal, and things don’t go according to my plan, then I well feel like crap and things can get derailed. But if I have a more flexible mindset, and think, “I might not be able to go according to plan but that’s OK because things change,” then it’s not a disaster when I get off track. There’s no single track that you have to stay on.
2. **I came to realize that every attempt is about learning**. When I fail, that’s actually really good information. Before you failed, I thought that something would work (a prediction), but then real-world information came in that told you it didn’t work. That means you now know something you didn’t know before. That’s excellent. Now you can adjust your plan, figure something new out, try a new method. Keep learning.
3. **I ask for help**. When I’m struggling with something, I know that I can either give up, or I can figure out a better way. But it’s not always easier to figure out a better way, so I reach out to my friends, trusted family members, and I ask them. They might give me simple, obvious, why didn’t I see that advice that I need, or brilliant tips, or accountability. Whatever happens, my friends and loved ones never seem to fail me.
4. **I give myself a break**. If I’m struggling, sometimes my mind or body just needs a break from the discipline. So I’ll take a day or two off, or a week, or even more. There’s no set time that’s right for every situation, so I’ve been learning to go by feel. For some things, I’ve taken a month or two off from trying to learn something.
5. **I remind myself why it’s important**. It’s easy to give up on something, because not doing it is always easier. But giving up means you’re losing something important, like helping someone, and so if my reasons for doing something aren’t just selfish (pleasure, vanity), then I will renew my vigor for the struggle. This alone is often enough to get me going again, especially if I’m doing it to help someone important, like my friends.

I realize that I’m far from perfect, and that the guilty secrets I hide inside myself are no different than anyone else’s. And while we all share the commonality of failing to live up to our better nature, we also share the bond of being able to start again.

So start again.

**THANK YOU!**