VALUES FOR LIFE – LOYALTY & SELF REALIZATION

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CERTIFICATE

This is to certify that this project entitled "VALUES FOR LIFE- ***LOYALTY & SELF REALIZATION*** "submitted by *S.MAHALAKSHMI,S.ROGINI,K.M.SIVARANJANI,R.YOGA MITHRA,S.NARMATHADEVI,R.KAVINAYA,S.RAGAVI,R.S HYAMALADEVI,K.AKALYA* for the degree of bachelor of commerce is based on the result of studies carried out by them under my guidance and supervision in the Under graduate Department of Commerce, Fatima college(Autonomous),Madurai-18.This project has not been submitted elsewhere for any other degree.

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We do hereby declare that this work has been originally carried out by us under the guidance and supervision of Dr.R. KEERTHIGA, Assistant professor in the Department of Commerce, Fatima College (Autonomous), Madurai-18 and this work has not been submitted elsewhere for any other degree.

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VALUES FOR LIFE- SELF CONFIDENCE AND MOTIVAION

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Introduction

INTRODUCTION

On the other hand, low self-confidence might make you feel full of self doubt, be passive or submissive, or have difficulty trusting others. You may feel inferior, unloved, or be sensitive to criticism. Feeling confident in yourself might depend on the situation. For instance, you can feel very confident in some areas, such as academics, but lack confidence in others, like relationships. Having high or low self-confidence is rarely related to your actual abilities, and mostly based on your perceptions. Perceptions are the way your think about yourself and these thoughts can be flawed. Low self-confidence might stem from different experiences, such as growing up in an unsupportive and critical environment, being separated from your friends or family for the first time,

judging yourself too harshly, or being afraid of failure. People with low self-confidence often have errors in their thinking.

Types of self confidence

a three types in confident level

- ❑ People with low self-confident.
- ❑ People with over self-confident.
- ❑ People with factual of self-confident.

1. PEOPLE WITH TO LOW SELF CONFIDENT

A person who has good talent on specific thing but not able to do the task is due to lack of confidence or low confident level. He will avoid taking risks, hesitates to stretch himself and he may not try anything. The low confident people will put themselves in dark even though they clever.

These kinds of people must throw their fear out, built self-confidence, read motivation articles like self-motivation, motivation quotes etc. it helps to improve your confident level, and work hard for success.

PEOPLE WITH OVER SELF CONFIDENT

When it comes to over confident people- He takes too much risk; stretch himself

beyond his capabilities, they never takes others suggestion and they think that he is the only person capable to do it then they hit badly. These kind of people will have self-conceit too.

3. PEOPLE WITH FACTUAL SELF CONFIDENT

Getting the right amount of confident is in your mind. Right amount of confident is important for true success. You may know that you are optimistic but don't try harder. First, know your reality and your true ability then have a right amount of self-confidence, now take a cognizant risks, stretch yourself but not away from your ability and try hard to succeed.

ADVANTAGES AND DISADVANTAGES OF SELF CONFIDENCE

- This table shows advantages and disadvantages of self confidence:

ADVANTAGES	DISADVANTAGES
Encourages positive thinking	Risk of ignoring feedback
Enhances communication abilities	Might overlook potential risk
Improves problem solving capacity	Can alienate others
Fosters resilience against stress	May hinder personal growth

ADVANTAGES OF SELF CONFIDENCE

Encourages positiveThinking- strong belief in oneself often leads to a positive mindset, helping you to see opportunities rather than tages.

- **Enhances communication abilities – Self-confidence can improve your communication skills, making you more**

assertive and clear in expressing your thoughts and feelings.

- **Improves problem-solving capacity – It also enhances your ability to solve problems, as you're more likely to tackle challenges head-on rather than avoiding them.**
- **Fosters resilience against stress – Lastly, self-confidence builds resilience, enabling you to cope with stress and bounce back from setbacks.**

DISADVANTAGES OF SELF CONFIDENCE

- **DISADVANTAGES OF SELF CONFIDENCE:**
- **Risk of ignoring feedback – When one is too self-assured, they might disregard valuable feedback from others, missing opportunities for improvement.**
- **Might overlook potential risks – Being confident might also mean underestimating or ignoring potential risks in a situation, which can lead to unexpected problems.**
- **Can alienate others – A high level of self-confidence can sometimes make one appear arrogant, causing others to feel alienated or disrespected.**
- **May hinder personal growth – If one is too confident in their abilities, they might not feel the need to learn new things or challenge themselves, which can hinder their personal growth.**

QUOTES:

"Your success will be determined by your own confidence and fortitude."
-Michelle Obama
Parade

“Believe in yourself, your abilities and your own potential. Never let self-doubt hold you captive. You are worthy of all that you dream of and hope for.”

ROY BENNETT

blog.gratefulness.me

"Believe in yourself, your abilities and your own potential. Never let self-doubt hold you captive. You are worthy of all that you dream of and hope for."

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CONCLUSION:

self-confident person would know how to say things that are honest without hurting other's sentiments. A self-confident man also knows how to be heard with dignity, when there is a difference of opinion. All this takes practice, but the most important thing is the belief that you can be better. This is the cornerstone for any improvement in the world.

INTRODUCTION OF MOTIVATION:

Motivation is an internal state that propels individuals to engage in goal-directed behavior. It is often understood as a force that explains why people or animals initiate, continue, or terminate a certain behavior at a particular time. It is a complex phenomenon and its precise definition is disputed. It contrasts with amotivation, which is a state of apathy or listlessness. Motivation is studied in fields like psychology, motivation science, and philosophy.

Motivational states are characterized by their direction, intensity, and persistence. The direction of a motivational state is shaped by the goal it aims to achieve. Intensity is the strength of the state and affects whether the state is translated into action and how much effort is employed. Persistence refers to how long an individual is willing to engage in an activity. Motivation is often divided into two phases: in the first phase, the individual establishes a goal, while in the second phase, they attempt to reach this goal.

MEANING OF MOTIVATION:

Motivation is often understood as an internal state or force that propels individuals to engage and persist in goal-directed behavior.[1] Motivational states explain why people or animals initiate, continue, or terminate a certain behavior at a particular time.[2] Motivational states are characterized by the goal they aim for, as well as the intensity and duration of the effort devoted to the goal.[3] Motivational states have different degrees of strength. If a state has a high degree then it is more likely to influence behavior than if it has a low degree.[4] Motivation contrasts with amotivation, which is a lack of interest in a certain activity or a resistance to it.[5] In a slightly different sense, the word "motivation" can also refer to the act of motivating someone and to a reason or goal for doing something.[6] It comes from the Latin term *movere*

The traditional discipline studying motivation is psychology. It investigates how motivation arises, which factors influence it, and what effects it has.[8] Motivation science is a more recent field of inquiry focused on an integrative approach that tries to link insights from different subdisciplines.[9] Neurology is interested in the underlying neurological mechanisms, such as the involved brain areas

and neurotransmitters.[10] Philosophy aims to clarify the nature of motivation and understand its relation to other concepts.[11]

Motivation is not directly observable but has to be inferred from other characteristics.[12] There are different ways to do so and measure it. The most common approach is to rely on self-reports and use questionnaires. They can include direct questions like "how motivated are you?" but may also inquire about additional factors in relation to the goals, feelings, and effort invested in a particular activity.[13] Another approach is based on external observation of the individual. This can concern studying behavioral changes but may also include additional methods like measuring brain activity and skin conductance.[14]

DEFINITION OF MOTIVATION

Motivation refers to a process of inducing and stimulating an individual to act in certain manner. In the context of an organisation, motivation implies encouraging and urging the employees to perform to the best of their capabilities so as to achieve the desired goals of the organisation. In other words, it refers to driving the individual psychologically so as to induce his willingness to work and perform better. In an organisation motivation can take various forms such as promotion, appraisal, recognition, etc. depending on the expectations and desires of the employee. For example, an appraisal may act as a motivating factor for an employee to improve performance. Similarly, for another employee praise from the senior may motivate him to further improve the performance.

Motivation is an important factor which encourages persons to give their best performance and help in reaching enterprise goals. A strong positive motivation will enable the increased output of employees but a negative motivation will reduce their performance. A key element in personnel management is motivation.

According to Likert, “It is the core of management which shows that every human being gives him a sense of worth in face-to face groups which are most important to him....A

supervisor should strive to treat individuals with dignity and a recognition of their personal worth."

CHARACTISTICS OF MOTIVATION:

1. Motivation is a Psychological Concept:

Motivation has to come from within each individual. There are two desiring factors in motivation-(a) Fundamental needs, such as food, clothes and shelter and (6) Ego-satisfaction including self-esteem, recognition from others, opportunities for achievements, self-development and self actualization which act as powerful though unconscious, motivator of behaviour. Inner motivation can be more decisive for behaviour than any external influence.

2. Motivation affects the Whole Individual, not part of Him /Her:

A person's basic needs determine to a great extent what he will try to do at any given time. All these needs are inter-related because each individual is an integrated organised whole.

3. Motivation is never an Unending Process:

Man is a social animal. As a social animal he has innumerable wants which induce him to work. If one basic need is adequately satisfied for a given individual it loses power as a motivator and does into determine his current behaviour but at the same time others needs continue to emerge.

Wants are innumerable and cannot be satisfied at one time. It is an unending process so the process of motivation is

also unending to induce the person to satisfy his innumerable wants. The importance of motivation is to keep it alive and not to let it dwindle.

4. Non-fulfilment of Basic Needs Makes a Man Sick:

If anybody fails in trying to meet a need which he feels is essential for him, he becomes to some extent mentally ill and such frustrated man cannot be motivated any further until his essential need is satisfied.

5. Goals are Motivators:

Goals and motives are inseparable. Man works to achieve the goals. A soon as the goal is achieved he would be no longer interested in work. Therefore, it is very essential for the management to know his goal to push him to work.

6. The Self-concept as a Unifying Force:

According to Geller-man unifying forces run through each individual's history. Unifying force means the drive to activate his/her image of him-herself. The outline of a person's self image is fairly well checked in early childhood and thereafter does not act ordinarily change. Thus, two things that individual is always trying to do are (a) to act like the person; he thinks he is, and (b) to get what he thinks, he can.

7. Motivation is a complex phenomenon:

Motivation being an internal feeling cannot be observed directly. Since motives themselves are dynamic, it further adds to complexity.

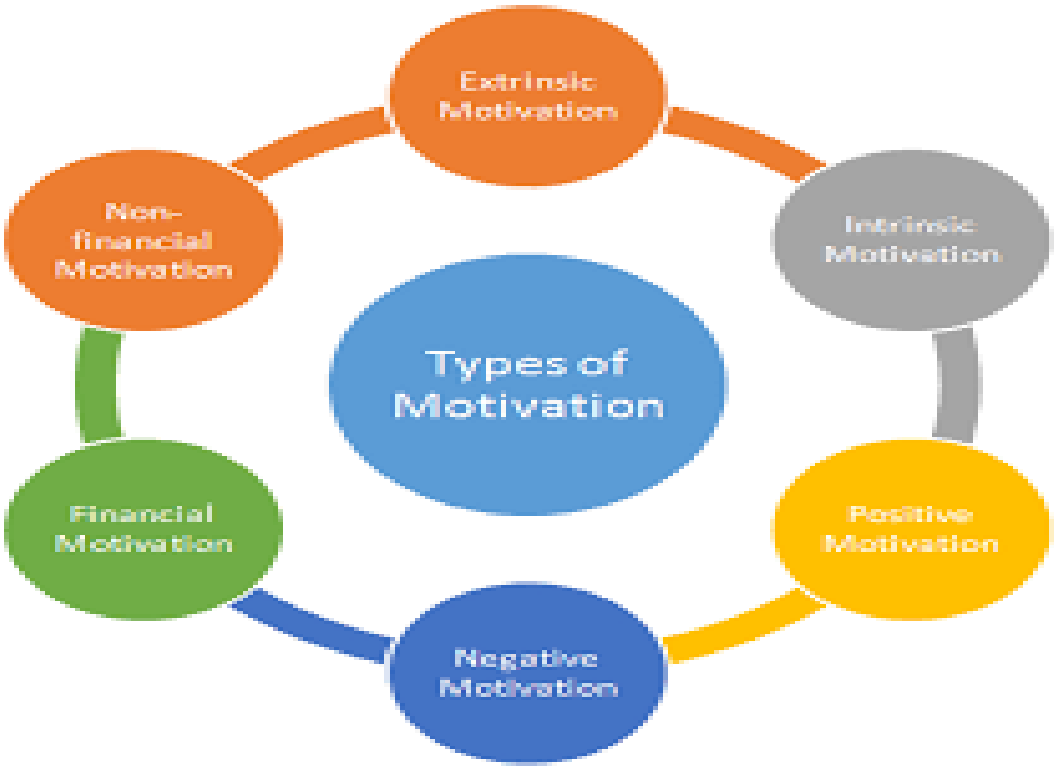
8. **Motivation is different from Satisfaction, Inspiration, and Manipulation:**

Motivation refers to the drive and efforts to satisfy a want or goal, whereas satisfaction refers to the contentment experienced when a want is satisfied. In contrast, inspiration is bringing about a change in the thinking pattern. On the other hand Manipulation is getting the things done from others in a predetermined manner.

ADVANTAGES AND DISADVANTAGES OF MOTIVATION:

TYPES OF MOTIVATION

:



QUOTES OF MOTIVATION:

"It takes courage to grow up and become who you really are." — E.E. Cummings

"Your self-worth is determined by you. You don't have to depend on someone telling you who you are." — Beyoncé

"Nothing is impossible. The word itself says 'I'm possible!'" — Audrey Hepburn

"Keep your face always toward the sunshine, and shadows will fall behind you." — Walt Whitman

“You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And you are the guy who'll decide where to go." — Dr. Seuss

"Attitude is a little thing that makes a big difference." — Winston Churchill

"To bring about change, you must not be afraid to take the first step. We will fail when we fail to try." — Rosa Parks

"All our dreams can come true, if we have the courage to pursue them." — Walt Disney

"Don't sit down and wait for the opportunities to come. Get up and make them." — Madam C.J. Walker

"Champions keep playing until they get it right." — Billie Jean King

CASE STUDY:

Can you determine at least three important take-aways in this story from a plant manager in India who recently learned the skill of conducting Motivational Outlook Conversations?

On his first day back after his training, the plant manager noticed a Technical Service Executive in the lab having a discussion with an external contractor. While she was wearing safety glasses, the contractor was not. The manager has a no tolerance policy as far as safety is concerned and his normal response would be to call the technician to his office and in his words, "read her the riot act."

According to the manager's self-assessment: *"I am known to blow a fuse (or two) when safety rules are flouted, however, I managed to keep my cool and decided to test my training."*

He asked the technician to his office and could see that she was worried about his reaction. But instead of leading with his dismay and disappointment, he started by explaining that he had just received some training on motivation. He shared key concepts with her. He then asked her if she thought that the rule to wear safety glasses, even when there was no experiment on, was "stupid" as there is no danger to the eyes. Did she feel imposed upon to wear safety glasses as she had no choice?

Since the technician was invited to have a discussion rather than "dressing down," she was open and candid. She explained that she had a two-year old child and she was extremely concerned about lab safety as she wanted to reach home safe every evening. To the manager's great surprise, she also shared that in certain areas, she would prefer even more, not less, stringent safety measures. For example, she suggested that safety shoes should be required for lab experiments that are conducted at elevated temperatures.

But when it came to wearing safety glasses when no experiments were being conducted, she just could not understand the rationale and did, indeed, resent the imposed rule. As a result, she didn't feel compelled to enforce it, especially with an external contractor. The manager said he understood her feelings and went on

to provide the rationale that the intention was that wearing glasses would become a force of habit, just like wearing a safety belt in the car.

The manager said he saw the light dawn in her eyes.

When it comes to your leadership and the motivation of those you lead, consider:

1. Challenging your natural tendencies and patterns of behavior provides you with more options on how to lead. The new choices you make can be rewarding and productive for you, but especially for those you lead. As the plant manager reported: *"I am sure if I had just followed my normal instincts and given her a piece of my mind, I would have been met with a hangdog look, profuse apologies, and a promise not to ever do this again. And it probably would have happened again. She would have gone away from my office with feelings of resentment and being imposed upon and I would also have had a disturbed day due to all the negative energy."*

2 Be honest about expanding your leadership skills. People will appreciate your sincere and authentic efforts. Says the plant manager: *"Suffice it to say that in*

my view, my little experiment was a success. I have since shared what I learned with many of my team members and plan to have more Motivational Outlook Conversations with them in the coming weeks."

3. What you *can* do is create an environment where an individual is more likely to be optimally motivated. Ask (and genuinely care about) how a person is feeling, help them recognize their own sense of well-being regarding a particular issue, and provide them with rationale without trying to "sell" it.

CONCLUSION:

Self motivation teaches as many good information to level our personality and to hold excellent confidence among ourselves. We want learn many information thourgh the motivation.

"VALUES FOR LIFE – CARING AND EMPOWERMENT"

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We, hereby state that the project for the Degree of commerce with Corporate Secretaryship on "A VALUES FOR LIFE – CARNING AND EMPOWERMENT" is our original work and no part of this project has been submitted for the award of any other similar titles.

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VALUES FOR LIFE- ATTITUDE AND ACCOUNTABILITY

A Project on Value Education

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VALUES FOR LIFE-LEADERSHIP AND VISION VITALITY

A Project on **Value education**

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March 2024

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This is to certify that this project entitled "PERSONAL VALUES - LEADERSHIP & VISION VITALITY" submitted by A. BEULA THERESE, D. FATIMA BENAZIR, M. KRISHNA VENI, S. MADHU MATHI, H. MARIYAM SULTHAN MEERA, B. RAJA LATHIKASRI, K. SANTHANA HEMA,B. SHYAMALA, S. SOWNDHARYA for the project on PERSONAL VALUES under my guidance in the Department of COMMERCE, Fatima college(Autonomous),Madurai.

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VALUES FOR LIFE: GRATITUDE (TRUST) AND HUMANITY.

A PROJECT ON VALUE EDUCATION.

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