

### **TMC121 - Self-Discovery Strategies (1 Unit)**

Introducing TMC 012 (Self-discovery principles), Understanding self-discovery and its importance, Steps to self-discovery, Locus of control and attributions. Understanding self-esteem and self-esteem enhancement, Building positive self-concept and self-image, Rubrics for self-actualization, Understanding the make-up of the self: spiritual, physical, psychological and cultural dimensions.. Self in the context of human system : intra/inter systemic levels, Breaking free from the tyranny of “shoulds” and “musts”, Attitudes and thoughts, Understanding the developmental stages of human kind.