

Sri Chaitanya School Techno Curriculum

The right mentor for IIT (JEE), Medical, Olympiad & all other Competitive exams

I AM AND I CAN

Whether you want to develop self-reliance yourself, or you'd like to help your child on their own journey of development, here are some tips.

- 1. Accepting yourself, and being your own best friend.
- 2. Inner confidence.
- 3. Making your own decisions.
- 4. Recognize and manage dependence.
- 5. Accept yourself for who you are.



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For Admission Enquiries **040 – 44 600 600**

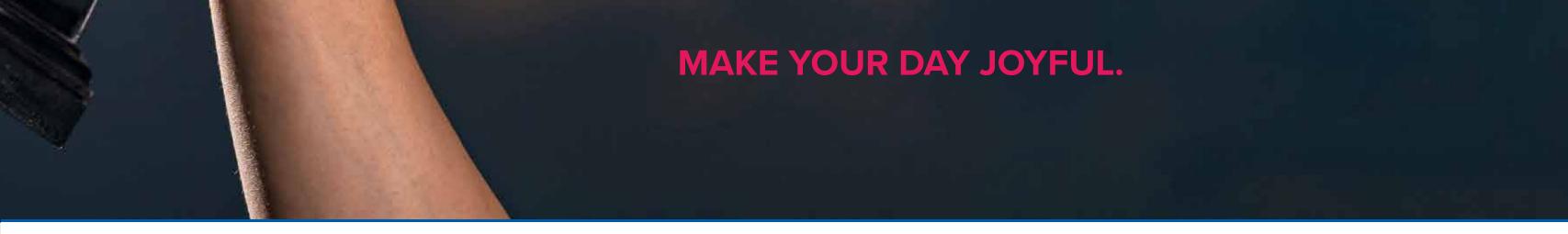
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- 6. Having your own values.
- 7. Not relying on 'things' to feel happiness.
- 8. Decide who you want to be, and how you want to get there.
- 9. Getting Organized
- 10. The Self-Reliance Scale:
- I am someone you can rely on;
- I can solve difficult problems by myself;
- If I have a problem, I can usually work it out;
- Others ask me to help them;
- I am dependable;
- My friends come to me for help;
- I am good at making decisions; and
- I am reliable







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