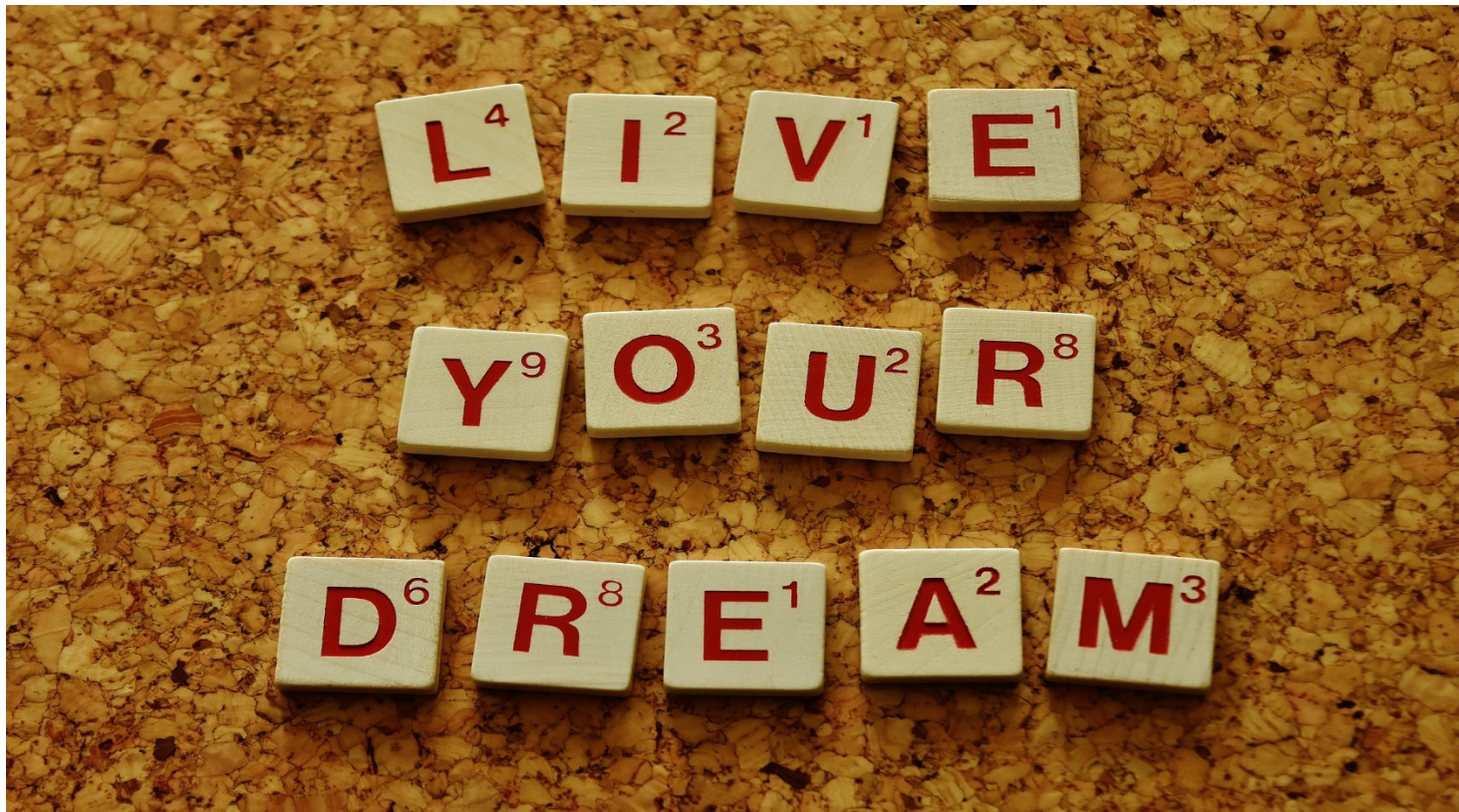


Unit 13: Choosing appropriate life goals and choosing activities important to me¹

Exercise 1: What does life goal mean?



¹ Some of the exercises suggested here have been inspired by materials, published onto <https://positivepsychology.com>

Activity 2: Goal or a dream?

For the performance of this exercise, the trainer should first explain in detail what the difference between a goal and a dream is. After the explanation, the AAWID should be aware that every goal deprived of deadline and action is only a dream, and that for the dreams the sky is the limit, while the goals should be achievable. Then the trainer should provide the pictures below and should invite AAWID to define which of them he would qualify as dreams and which could be set up as goals, having his own situation in mind.

