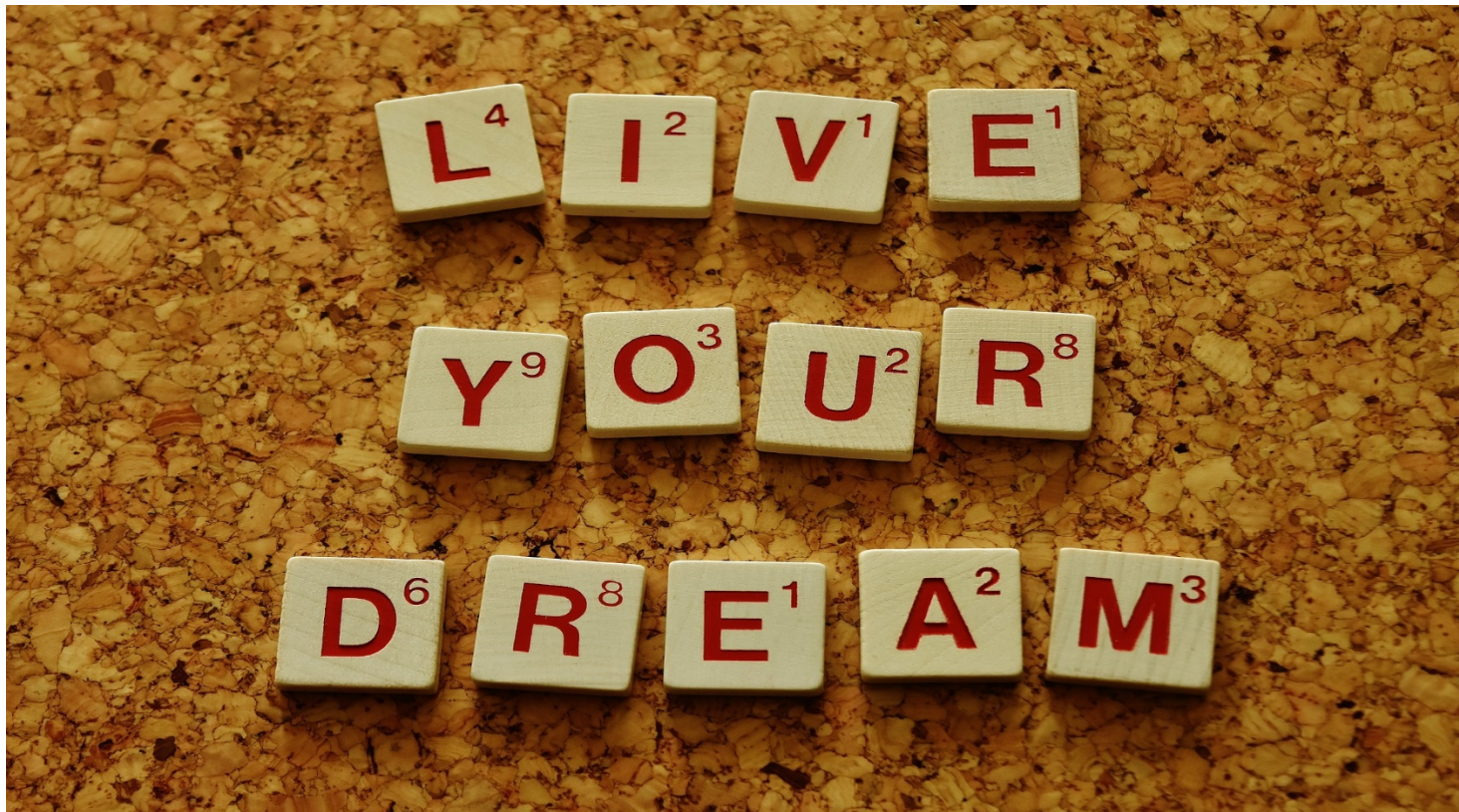


## Unit 13: Choosing appropriate life goals and choosing activities important to me<sup>1</sup>

### Exercise 1: What does life goal mean?



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

### Activity 3: What am I good at?

In this activity, AAWID should show how well he has mastered the concept of “life goal” and try to transfer it to his own experience. Here, for the first time, AAWID should try to think in this direction, and for this purpose, he should be encouraged to answer 5 different questions, concerning his strengths and weaknesses, etc.

**Note:** The educator must keep in mind that for some people with intellectual disabilities, the concept of "life goal" may be too abstract and they may have great difficulty with this exercise. In such a case, the educator should devote additional time and attention to thoroughly discuss the notion and the concept behind it.

1. I am good at  
.....
2. I am not good at  
.....
3. If I am able to, what I would improve in my life is  
.....
4. I would achieve these improvements by  
.....
5. If this doesn't work, I will  
.....

