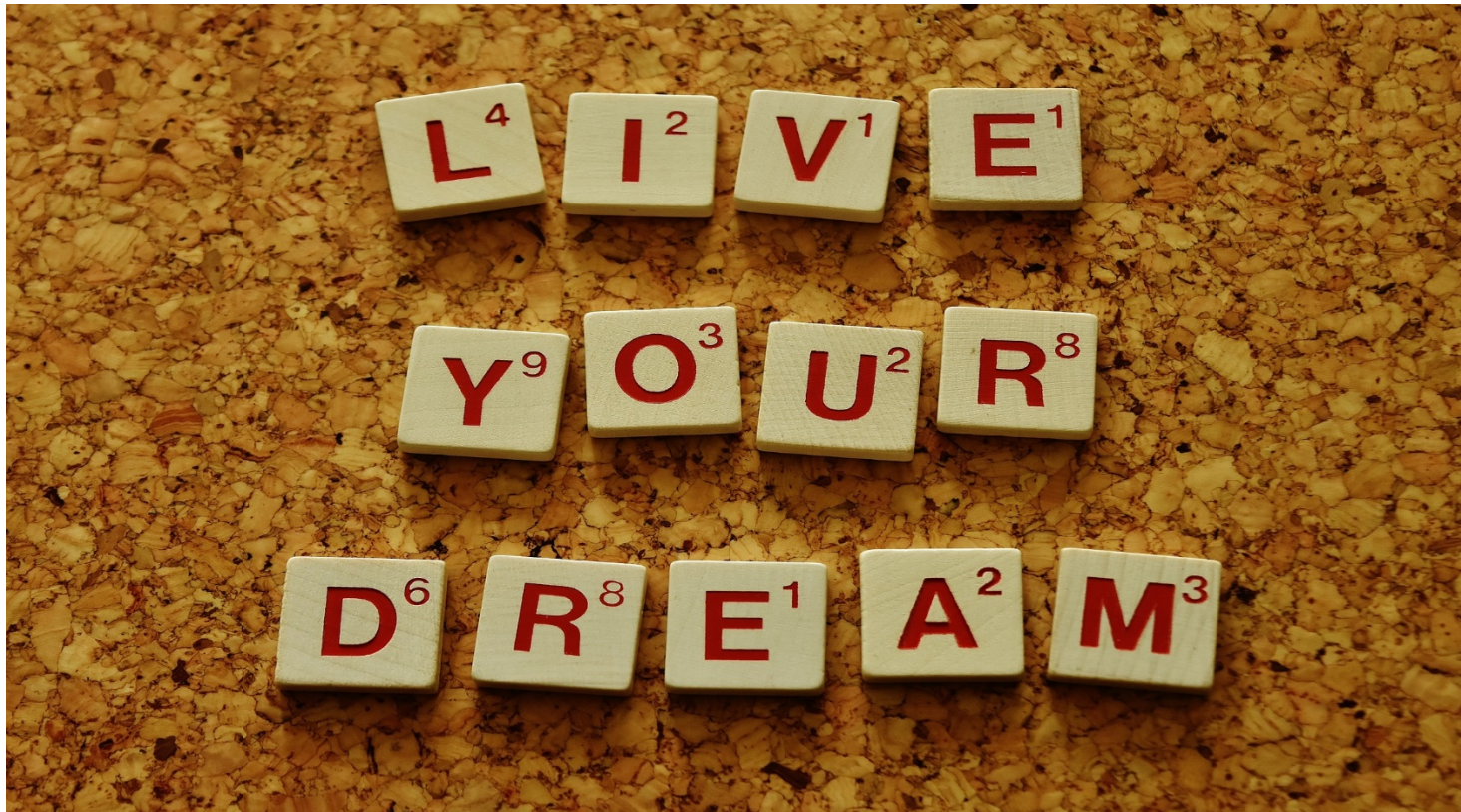


Unit 13: Choosing appropriate life goals and choosing activities important to me¹ Exercise 2: It starts happening!



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




The story of Maria– part II

One week later Maria and Anna went out for their weekly walk and coffee. Anna said that she had some ideas but first wants to hear the ones from Maria. Maria said that she made in-depth research on knitting – what are the possibilities for enrolling in a course, what other people do with the knittings they make, what is the price of different yarn types, etc. And thanks to this, she found out that women from one very trustworthy NGO (non-governmental organization) in their city conduct a knitting course. Maria contacted the people from the NGO and learned that the training sessions are three times a week and last two hours. The fee is completely affordable, so Maria plans to start visiting the course. Anna welcomed Maria’s idea and was very pleased with her ingenuity. She shared that her plan was also to offer Maria to start a knitting course but the one she found is conducted only online. Anna said that she thought the live course is much better, especially since Maria would be able to meet new people and to communicate with them often enough.




Maria also said that the knitting activities of this NGO and all these positive people, who work there, gave her an idea that she may do hats, scarves, gloves, sweaters, etc., and give them to people in need. Anna was so enthusiastic about this decision that she suggests to support Maria with everything she needs to so this intention to come true. They both agree during their next weekly meeting to talk in detail about how to choose the people in need who to receive the knittings made by Maria and to think about the yarn supplement.

Activity 1: Quiz




1. What were the initial steps taken by Maria for achieving her new life goal?

	A	To talk with her family members and to see if they support her decisions.
	B	To buy yarn, knitting hooks, clothes buttons, and other materials she needs for the knitting works.
	C	To make in-depth research on the possibilities for achieving it.

2. In what course does Maria enrolled first?

	A	Course for gaining professional qualification
	B	Knitting course
	C	Educational course

3. What did help Maria to clarify her new life goal?

	A	The advices of her family members.
	B	The ideas shared by her good Friend Anna.
	C	An idea shared by the young people she met in the knitting course