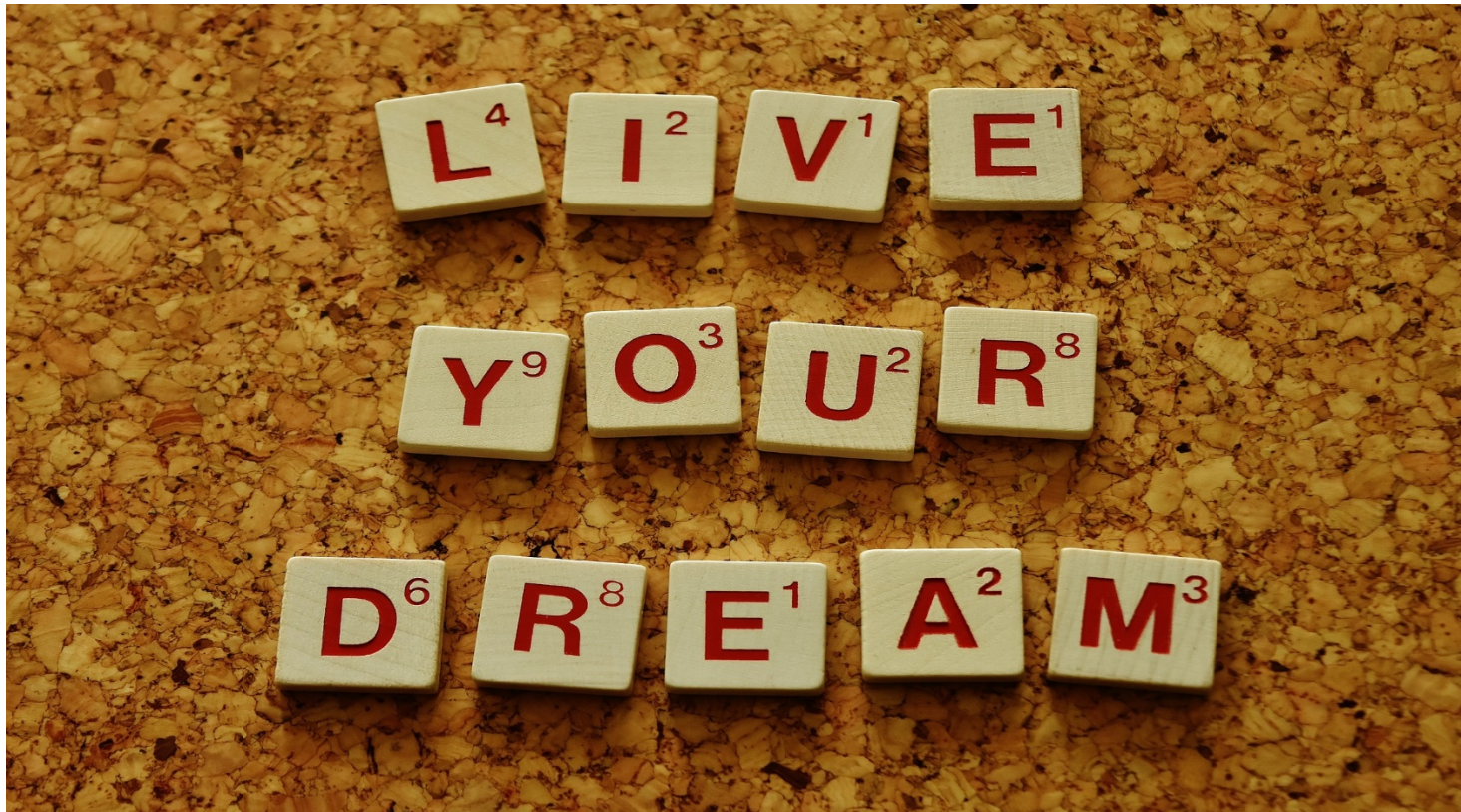


## Unit 13: Choosing appropriate life goals and choosing activities important to me<sup>1</sup> Exercise 2: It starts happening!



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

## Activity 2: First steps to the success

This activity requires AAWID to point out the first three steps taken by the main character in the direction of achieving her new goal. This activity would allow the educator to check to what extent AAWID distinguishes actions from intentions in the context of life goal achievement.

