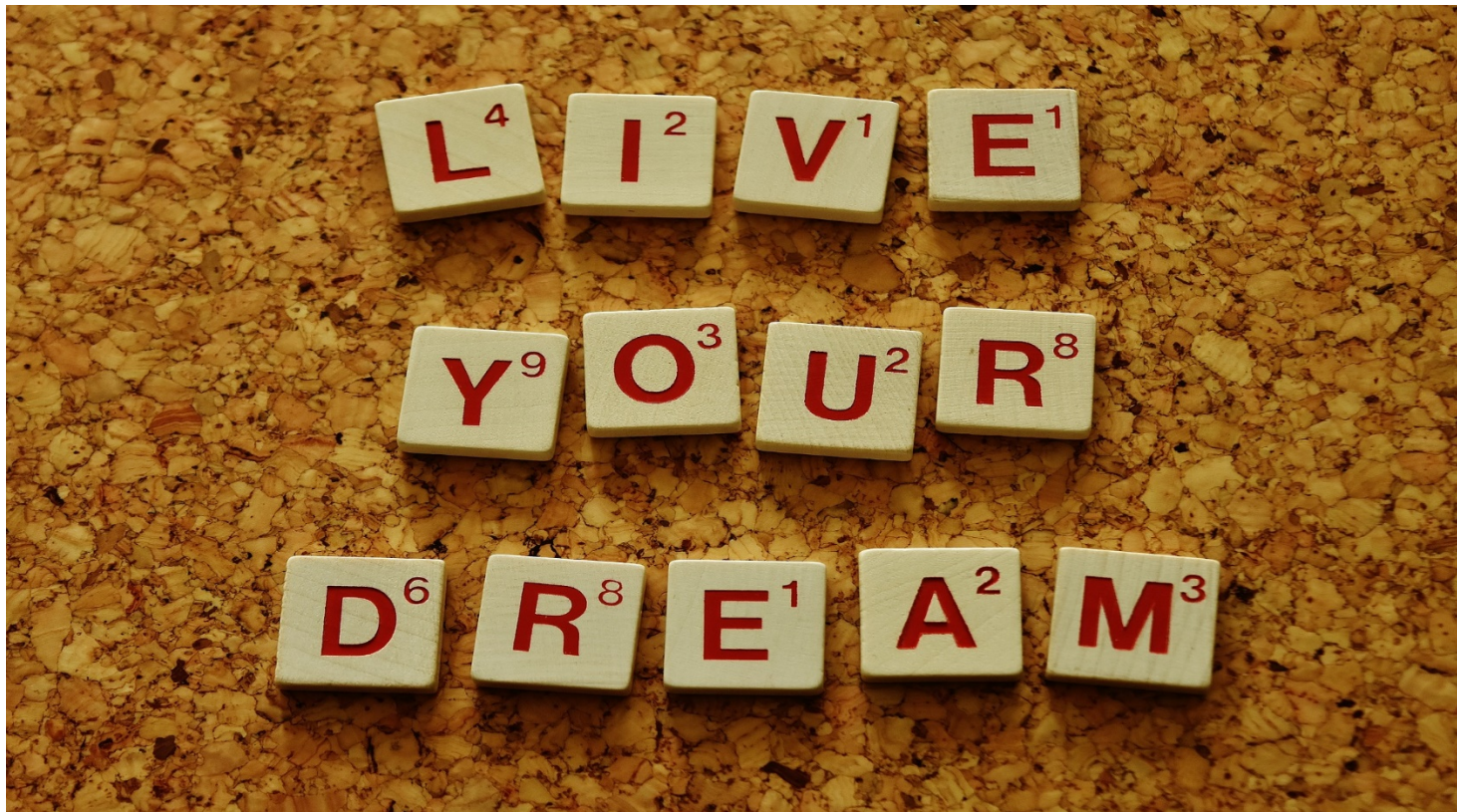


Unit 13: Choosing appropriate life goals and choosing activities important to me¹


Exercise 3: The plan is ready!



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

Activity 2: If I was Maria ... or What would I do differently?

This activity challenges AAWID to put themselves in the place of the main character. The educator should encourage the AAWID to put themselves in the main character's shoes and to answer if AAWID was her what does they would do differently – would they choose a different pathway, would they consult their decision with someone else, would they decide to set up a different goal, etc. The Activity contains a supporting table to help AAWID in structuring his/her thoughts.

<p style="text-align: center;">Maria's decision that I approve</p> 	<p style="text-align: center;">Maria's decisions that I disapprove</p> 