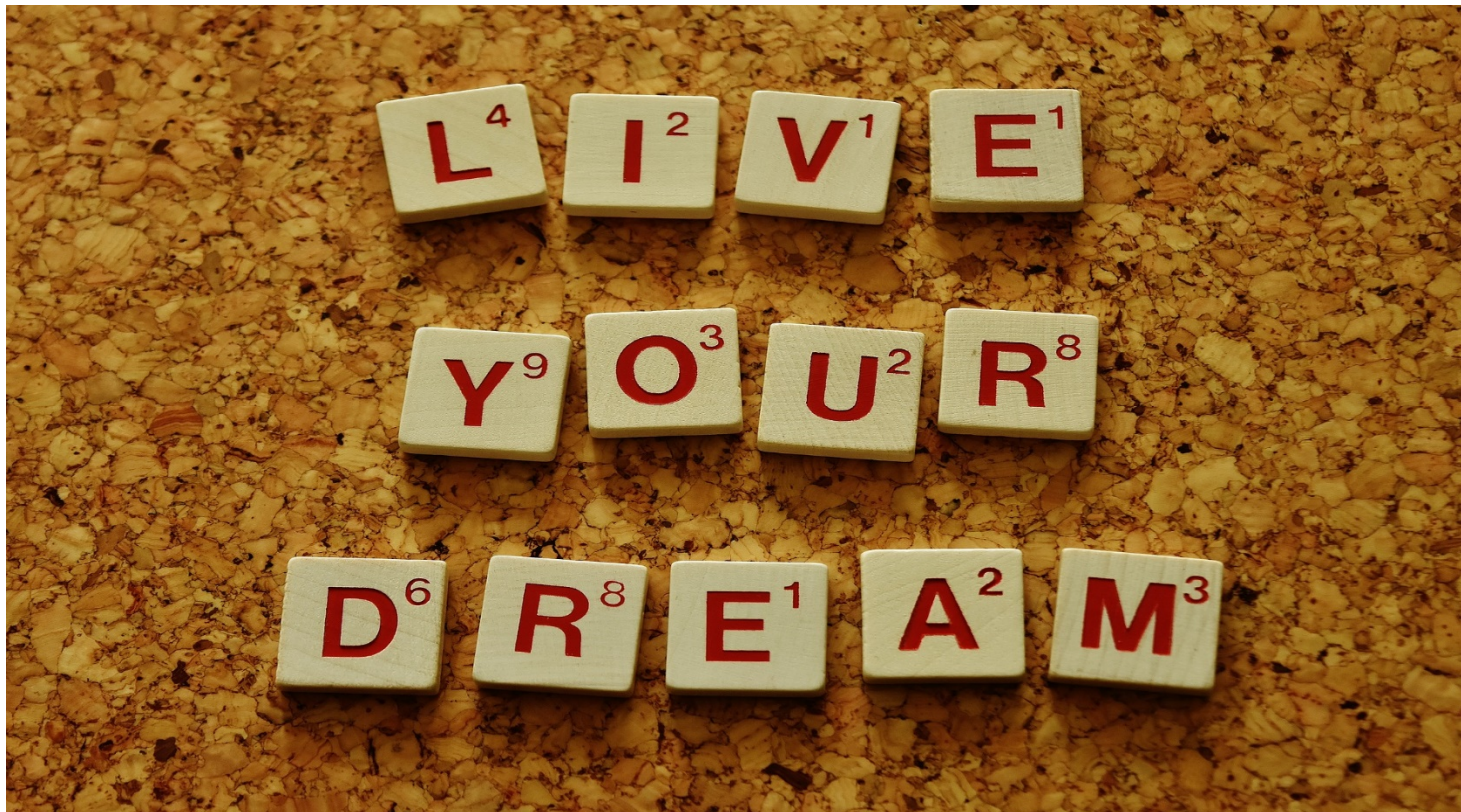


Unit 13: Choosing appropriate life goals and choosing activities important to me¹

Exercise 4: My life goal worksheet

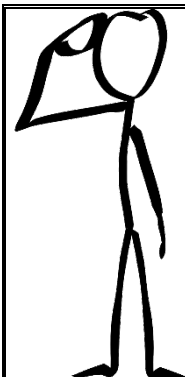


¹ Some of the exercises suggested here have been inspired by materials, published onto <https://positivepsychology.com>

Activity 1: My life goal worksheet

By this exercise the educator encourages AAWID to apply everything he has learned so far on the topic “life goal” and to demonstrate it by accomplishing his/her own life goal worksheet.

Note: It is not an easy task, so the educator should support him/her in every step. If necessary, this Activity could be accomplished in more than one sessions.

<p>Name:</p> <p>Date:</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 10px 0;"> The three most important steps I need to take to achieve my goal are: </div> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 35%; padding: 5px;">First I will</td> <td style="padding: 5px;">Before (put a deadline)</td> </tr> <tr> <td style="padding: 5px;">Second, I will</td> <td style="padding: 5px;">Before (put a deadline)</td> </tr> <tr> <td style="padding: 5px;">In the end, I will</td> <td style="padding: 5px;">Before (put a deadline)</td> </tr> </table>	First I will	Before (put a deadline)	Second, I will	Before (put a deadline)	In the end, I will	Before (put a deadline)	<div style="border: 1px solid black; padding: 10px; margin-bottom: 10px;">  <p><i>My reality</i></p> <p>What am I good at? How do I know it? What I still need to improve or I would like to? What stops me to become better in this?</p> </div> <div style="border: 1px solid black; padding: 10px; margin-bottom: 10px;"> <p><i>My support network:</i></p> <p>Who could help me? What type of support I can ask for?</p> </div> <div style="border: 1px solid black; padding: 10px; margin-bottom: 10px;"> <p>How would I know that I've achieved my new life goal? Until when I should do it?</p> </div>
First I will	Before (put a deadline)						
Second, I will	Before (put a deadline)						
In the end, I will	Before (put a deadline)						