



ERASMUS+

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**“Incredible Practitioners to empower adults
with disABILITIES through
Education, Employment & Social Entrepreneurship”**

Passion



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Write three lists

Write things in which you are good at, things you enjoy doing and things that make you have a feel of purpose:

- Take two minutes for each list.
- At the end, highlight the common things in all the lists.

PURPOSE

Enjoy

**What are you
really good at?**



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Journaling Activity

1. How did you feel during the activity?
2. Has it been difficult for you to find your strongest points?
3. Do you think you will be able to connect these things? How many things did you have in all the lists?
4. Do you think this activity has encouraged you to find your motivation





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Last 30 seconds

Take one minute to remember experiences, moments and memories that meant a lot for you:

- Now chose which one of those you would like to live in the 30 last seconds of your life.
- Do not fear to show your emotions.





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Back to my childhood

Sometimes we leave our motivations behind as we grow up, write down 5 habits that made you happy when you were younger:

- Try to link those habits with your present.
- Do not fear to show your emotions.





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What are your hobbies?

Have a look to these different hobbies and try to link them to several work approaches:

- Each hobby corresponds to one approach
- You can add a hobby and its corresponding approach if you have a hobby which does not appear on the list





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Manual and artistic activities

I am good at team working and I contribute to a common purpose.

Playing football/basketball

I am very accurate and I pay attention to details. Strong sense of aesthetic.

Reading

I know how to use technological devices, I am familiar with the digital world.



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Volunteering

I have a good command of understanding another language appart from my mother tongue.

Social networks

I have the ability to concreate and focus. I also have an analytical thinking.

Interested in languages

I am good at socializing and compromising. I have a good knowlegde of many social problems.



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Journaling Activity

- How did you feel during the activity?
- Has it been difficult for you to link any specific activity?
- Do you think you will be able to try this practise at work?
- Did any approach surprised you?

