

### MT2.1\_7 Group Exercise: Activities for Practising Self-awareness and Self-efficacy

Right here, right now!

| Activity                  | Time Spent per Week     | Matching with Priority/ies in Wheel of Life |
|---------------------------|-------------------------|---|
| Example: Playing computer | 2 hours/day;<br>14/week |   |
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Attachment to MT 2.1\_7\_2  
Task 2.2



Joint development, piloting and validation of entrepreneurial mindset and key skills curricula and training materials for third countries

**This activity will look at how you currently spend your time, what you enjoy doing, and if there are any difficulties you might have.**

**Instructions:**

1. In the table, describe the **activities you do each week and how much time you spend** doing them.
2. How do these activities match your priorities in your Wheel of Life?
3. After speaking in groups about your current activities and priorities, is there anything you now plan to do differently? Discuss this also with the group.

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