

MT5.1_3

PART A Individual Exercise: 'I Feel Strong When...'

1. WORK ACTIVITIES

- a) Make a long list of work activities you did over the last few weeks.
- b) Underline any of the activities you enjoyed and thought, 'I look forward to doing that again'.

2. WORK-RELATED VERBS

- a) Go through the list of work-related verbs and **circle** any that would make you feel strong and energised doing them.
- b) From your **circled** verbs, **highlight** the ones you can possibly **USE** in your current tasks.

3. STRENGTHS

- a) Find your top underlined and circled activities and see your highlighted verbs.
- b) Combine this information and **write 1-2 sentences describing your strength [verb] and how to use it [activity, with/for who]** based on the example below:

A. 'I feel strong and energised when'... ***I am collaborating*** (verb).



B. My strength is... **collaborating** (verb) to **provide information, support, and a trusting relationship** (activity) **with the production teams** (who).

Attachment to MT
Task 2.3



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MY OWN STRENGTH

A. 'I feel strong and energised when' (verb).



B. My strength is..... (verb)
to..... (activity)
with/for (who).



PART B Individual Exercise: *Knowing your Strengths - Orienting your Goals*

Based on the strength that you have identified by examining your last work activities and how you felt about it:

- Develop **two SMART goals** for a healthier lifestyle of yours, underlining the 5 elements of such goals.

[SMART = Specific, Measurable, Attainable, Realistic, Time-bound]

GOAL 1

GOAL 2

