

THE SELF-KNOWLEDGE SUM UP

This activity aims to help you to reflect upon personal learnings. Sum up highlights and important lessons about your present and future self, according to the topics provided below. You can choose to fill in the diagram below or, if you prefer, write your own text that covers the same topics.



WRAP-UP
ACTIVITY

FINALISING MY PROJECT

Live2work Self- Dimension: Sum up Activity

My Presentation



My Goal is to: most important actions step: Milestone: by the ____ I have: _____ Supporting person: _____

MY VALUES

Core life values

MY PERSONAL SKILLS

Success stories – Skills PARS model

MY STRENGTHS

TOP 10 Character strengths

My motivation (WHY)

My goal (WHAT)

My commitment (HOW)

Important supporting persons

You can download ready-to-print version of the Sum up activity on the following link:
<https://live2work.eu/go/self-knowledge-sum-up/>