

## #3 ACHIEVEMENT AND POTENTIALITIES

### Learning outcomes

To reflect and identify which are the participants' potentialities and achievement and detect in which field they could improve or they are interested to work on.

ASSET	CONTENT	TIME	MATERIAL
Seated in circle	<p>If we could leave more than one life, what we would like to be?</p> <p>Each participant will be asked to draw her/his own figure and write on the left features/characteristics that she/he already has (adding any proofs of them, like certificates – diplomas – courses, past experiences) and on the right what they would like to be if they could live other lives.</p>	10 min	Pens, paper, colours
Seated in circle	<p>The participants will now choose one of the 'alternative lives' above and reflect on the several potentialities that they should develop in order to be like that. Example:</p> <p>"If I could live another time I would like to be a fashion designer. To be a fashion designer I should work on the following potentialities:</p> <ul style="list-style-type: none"> <li>• Drawing;</li> <li>• Needlework;</li> <li>• [...]."</li> </ul>	10 min	Pens, paper, colours
Seated in circle or in any other place in the room comfortable enough to reflect individually	<p>The participants will draw a new figure that well describe their 'alternative inner self', adding the potentialities already owned and the one on which they should work on in order to achieve the reality above.</p>	10 min	Pens, paper, colours
Seated in circle	<p>Presentation of the two figures to the class.</p> <p>My current achievements are...</p> <p>In order to be a... I need to work on...</p>	10 min	Pens, paper, colours

### Debriefing

The Adult Educator will ask to the participant which difficulties they meet during the activity and how did they feel in sharing their own characteristics. After that, he/she will explain the relevance of be aware about our path and our improved potentialities, understand our interests and realise which aspect of our personality is worth to improve.

