



BEING A HUMAN ... that's enough

Module 5 | CREATE MY FUTURE

The Workbook for the Programme Participants

This document was made within the project “Establishment of Social Work at Schools and the Introduction of Personal and Social Education Programmes to Schools”.

Realization of the project is possible thanks to the financial support from the European Social Fund through Operational Programme Effective Public Administration.

For the information about the OP EVS visit www.opevs.eu.



Európska únia
Európsky sociálny fond



Operačný program
**Efektívna
verejná správa**

This project is realized by the civic association PERSONA. The partner of the project is The Slovak Chamber of Social Workers and Social Work Assistants.



BEING A HUMAN ... that's enough

Module 5 I CREATE MY FUTURE

The Workbook for the Programme Participants

Authors:

Mgr. Martina Gymerová

Mgr. Eva Krššáková

Pictures:

Miroslav Zášková

Translation:

Mgr. Mária Tisoňová



PERSONA, Vrančovičova 29, 841 03 Bratislava, www.ozpersona.sk

Slovak Chamber of Social Workers and Social Work Assistants, Mokrohájska cesta 3,
841 04 Bratislava, www.socialnaprava.sk

© PERSONA 2019

*“We cannot choose how many years we will live,
but we can choose how much life those years will have.”*

John C. Maxwell



CONTENTS

MODULE 5 I CREATE MY FUTURE	6
TASK 5.1: My Dreams	7
TASK 5.2: My Goals	9
TASK 5.3: Learning Zone	11
TASK 5.4: Trainer	14
TASK 5.5: The Letter to Yourself	16
TASK 5.6: The Plan of My Life	18
MODULE 5 FINAL TASK: Lexicon of famous people	20

MODULE 5 I CREATE MY FUTURE

If we want to live the life we long for, we must take the responsibility and participate actively in shaping our future. Although it is not easy, it is worth living the life you want, also with the feeling that we do make sense to us.

In order to experience the meaningfulness of our lives, it is good to set the goals and to direct our efforts on the right way.

The following tasks offer the instructions on how to do it.
Let's do them together.



TASK 5.1: My Dreams

Answer the question: What would you like to do if you had enough time, resources (financial and material) and skills? If you knew that it wouldn't turn out badly and you wouldn't have to care what the others thought about it.

What would you like to do because of enjoying it and having the strange feeling that you were born just for that?

Write at least three dreams you would like to make real.

1.

2.

3.

Describe the one of these dreams as detailed as possible for you to imagine. What would it be like if you would achieve this dream?

Is this dream in accordance with your values?

Self-reflection:

Do you want to make your dreams come true or is there anything that prevents you from doing this?

Can you do anything about it?





TASK 5.2: My Goals

When journalists asked one blind woman – Helen Keller, what is worse than being blind, she answered: “What is worse than being blind? To see and have no vision.”

The clear vision of our future – our dreams and goals, makes sense to our lives. This will increase our capabilities, and gradually we develop necessary skills to achieve our goals.

Dreams, desires, transformed into our life goals, will give us the needed strength and show us the right direction when we will feel tired and without a motivation.

Your next task is so very important. Answer the following questions:

1. What is my long-term goal?

It can be the dream you have described in the previous task.

2. What human qualities and character will help me achieve my goal?

Write at least six characteristics.

3. What knowledge do I need to acquire for achieving my goal? What do I want to learn? Write down what you want to learn and what education you want to reach.

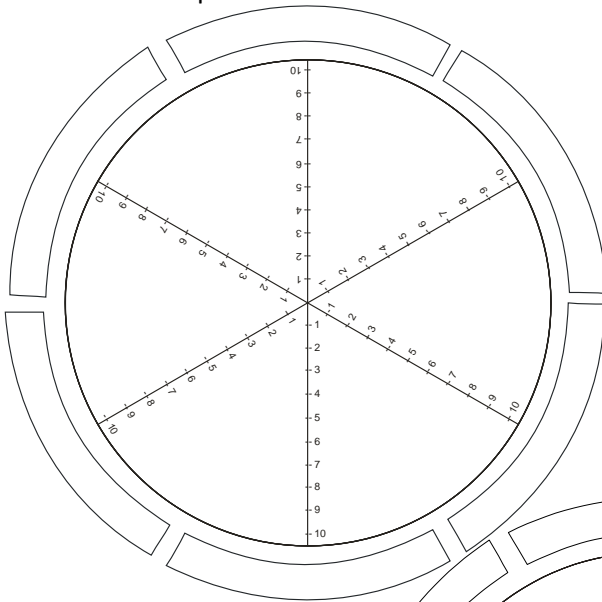
4. What abilities and skills do I need to achieve my goal?
Write at least six abilities or skills.

5. Are my goals in the accordance with my dreams and values?



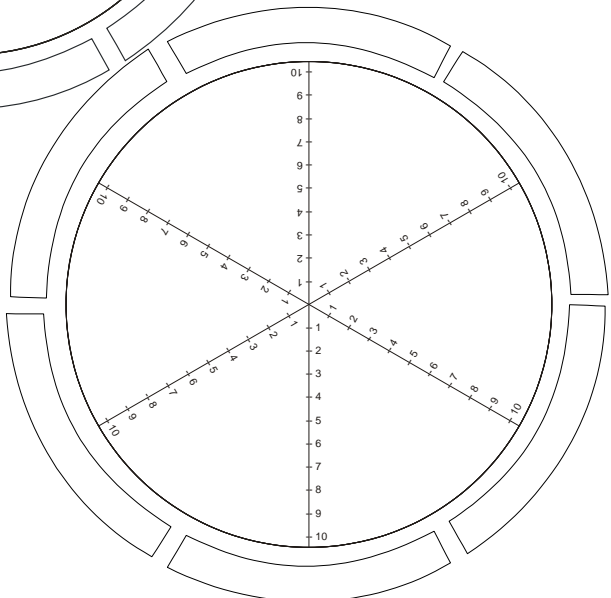
TASK 5.3: Learning Zone

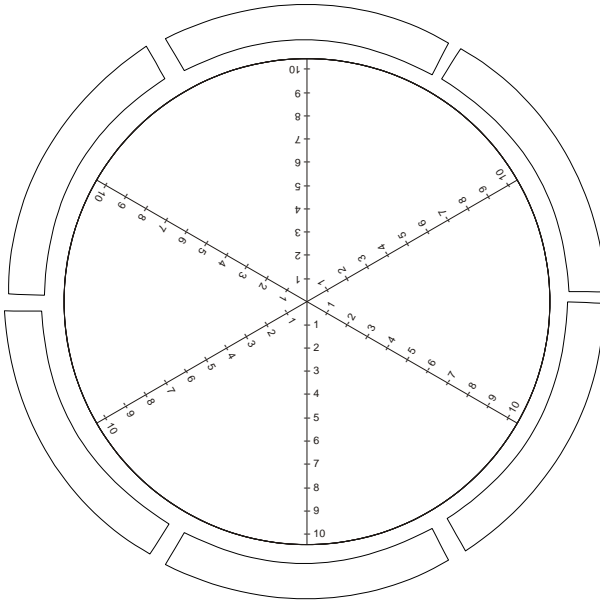
Your task is to evaluate how you are doing in each characteristic, to assess the level of your knowledge, and thus to make the basis for the development plan. Please use the following graphs to complete this task.



1. Identify six most important characteristics that are needed to achieve your goal. Score your individual qualities on the scale of 1 to 10, how "far" you are for each item, in your opinion.

2. Continue to identify the abilities and skills that are needed to achieve your goal. Score your individual abilities and skills on the scale of 1 to 10, how "far" you are for each item, in your opinion.





3. Write what knowledge you need to achieve your goal and assess it on the scale of 1 to 10, what your current level of this knowledge is, in your opinion.

4. Then connect the marked values on the diagrams which are next to each other. Inside a circle, a closed formation is created that represents your comfort zone. Around the enclosed space, the space which represents the learning zone is, that is what you still need to gain by learning, working, experiences. The larger the zone, the more work awaits you.

5. Write down what you need to improve.

Characteristic:

Skills:

Knowledge:



TASK 5.4: Trainer

Think where or at who, you can find support in meeting your goals.

The following task will help you find a suitable trainer and also facilitate cooperation with him. Think about next topics:

1. In which areas of your development can you use the help of a trainer?

2. Write a tip for a specific person who you would accept as your trainer.

Choose your trainer very carefully. You need someone who is significantly more successful than you, respectively the person who has perfected the skills you are looking for. If you have more tips, write them all.

3. Think about what you can offer to your trainer.

Answer the question: What benefit can my trainer have from me?

4. If you are serious about achieving your goals, speak to the chosen trainer, stay in touch with him/her and work on your set goals even after you finish this module.





TASK 5.5: The Letter to Yourself

You will encounter many obstacles and partial failures on the way to your dreams and in achieving your goals. You will be experiencing times of crisis, when you find it difficult and you will not have the power to continue.

Since you understand yourself the best, you know what you need to hear at that moment.

Write the letter to yourself for the crisis, which you can read then and gain the new strength and resolution.

The Letter to Yourself:



NEVER GIVE UP...

MY GOAL:	The planned date of its achievement: _____	
	What do I need to improve? (knowledge, characteristics, skills)	How will I know I am doing well?
What will I do for it?	What support and help do I need?	

MODULE 5 FINAL TASK: Lexicon of Famous People

Your task is to draw and write your line of your life successes – from the first words to greater or less successes at the present. If it is possible, process your life line also with the relevant years when the events happened.

When you come to the present, go on and write down your “planned goals” which you would like successfully to achieve.

My line of my life successes:





NOTES



© PERSONA 2019