

BECOMING

Package of Career Guidance and Development (CGD) services for workers including the user guide for CGD operators

PRACTICAL ACTIVITY N. 2

ADJECTIVES DESCRIBING ME

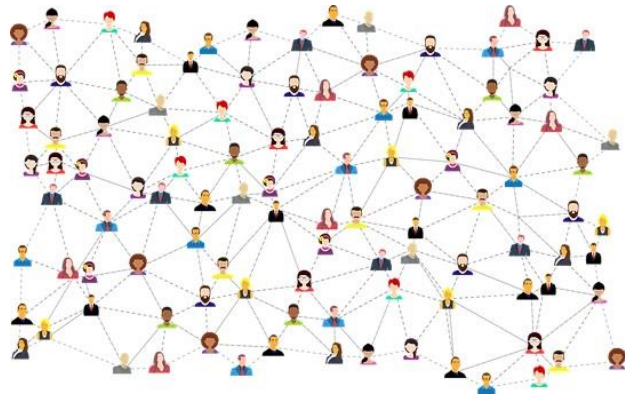


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Objectives and time

- ▶ To stimulate the ability to describe yourself.

- ▶ Time: About 30 min



Describing myself

Just reflect on your own personal characteristics. Be open in doing that: nobody is going to judge you 😊



How to do it: adjectives

- a) Read carefully the list of adjectives and underline / point out the ones (both positive and negative) that describe yourself.
- b) Now just report:
 - i. in the *white list* the selected adjectives that represent your strenghts
 - ii. in the *black list* the selected adjectives that represent your weaknesses
- c) Now just reflect on them in a friendly meeting with some of your colleagues. Maybe you can mention some daily activities or particular moments of your life linked to these adjectives

How to do it:

Choose those adjectives that match your character

efficient	undecided	calm
prudent	constant	wise
independent	optimist	anxious
rigid	funny	worker
flexible	determinate	moody
responsible	responsible	tolerant
serious	fragile	sincere
vulnerable	introspective	creative
practical	acute	ambitious
distracted	inconstant	timid
innovative	Slow	able to negotiate
organised	Able to work in group	reserved
perfectionist		available
pessimist		

How to do it:

White list and Black list

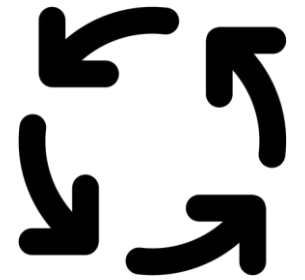
White list MY STRONG POINTS	Black list MY WEAK POINTS

How to do it: Let's test is

Write down your reflection

Now could you mention some passions?

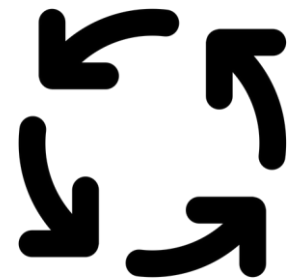
And some topics of interest?



How to do it

- ▶ *Last effort: Read the list below and pick up 3 elements of your personality*

AMBITIOUS	FEARLESS	Loyal	RATIONALE	COMMUNICATIVE
EASY-GOING	CREATIVE	FUNNY	RESERVED	CLEVER
FORCEFUL	EXUBERANT	INTUITIVE	WISE	CAREFUL
HELPFUL	ENTHUSIASTIC	POWERFUL	EFFICIENT	RELIABLE
SINCERE	BRAVE	HONEST	PASSIONATE	SMART
POLITE	ENERGETIC	PRO-ACTIVE	DYNAMIC	FRIENDLY



You just completed this training unit.

Congratulations!



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