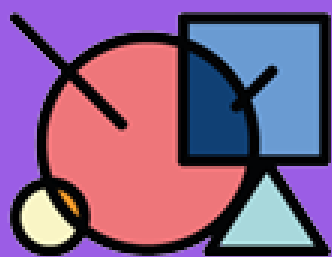




# MICRO TASKS



S4B

**Note to user:** After familiarizing with each video pill, the user will be provided with the opportunity to perform several tasks/activities/games in order to practice and further develop the respective skill.

## SKILL

### PASSION AND SELF-MOTIVATION

#### MICRO TASK NUMBER: 1

#### 01 What are the objectives of the task?



The objectives of this task are:

- ✓ To develop self-motivation through self-image
- ✓ To identify passion and personal strengths

#### 02 What will teachers learn?



This task will give teachers the chance to reflect on self-motivation through positive thinking. It will enable them to develop a positive self-image and allows them to benefit from their passion.

It also helps them become aware of their strengths and appreciate themselves more.

## 03 Tasks and procedure



The procedure for this micro-task makes it easy to quickly assimilate the necessary steps as follows.

**Step 1:** For a week, every morning list at least two of your strengths and interests (they can be for the respective day or in general).

Strengths	Interests

**Step 2:** At the end of the week, analyse your interests and strengths and reflect on the following questions: “What are three abilities, interests, or personal attributes a teacher might be looking for in someone?” Then “Does it match your interests and strengths?”.

