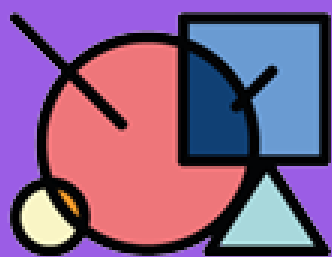




MICRO TASKS



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: 3

01 What are the objectives of the task?



The objectives of this task are:

- ✓ To explore thoughts and feelings and be more comfortable sharing them
- ✓ To notice positive changes throughout time

02 What will teachers learn?



This task will give teachers the chance to become more comfortable sharing their thoughts and feelings, making it easier to work through their self-motivation issues. After two weeks of completing the worksheet, teachers can review their responses to see how things have changed since they began.

03 Tasks and procedure



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

Step 1: Teachers write their ambitions, values, passions, and attitudes.

After 2 weeks it can be redone to see if there are any changes. If you want to observe a longer-term change, this task can be redone after 1 month.

Ambitions	Values	Passions	Skills