

Activity name: Your Successes

Method: Individual
Materials Needed: Paper and pen
Duration: 15 mins

Why Do It?

This activity will encourage you to think about yourself positively. It is designed to encourage a positive mind-set within you before continuing with the rest of the YEA Guide to exploring creative enterprise.

How to do it

Task 1: 15 mins

Think about your life so far and list five achievements in your personal life.

Focus on the good stuff - It can range be a whole range of things i.e. getting out of bed this morning, going for a run, selling at a car boot sale, completing an assignment, joining a local poetry club or theatre, passing an exam etc.

Remember no success is too small!!

Focus on the good stuff

Think about your life so far and list five achievements in your personal life.

1. _____
2. _____
3. _____
4. _____
5. _____