**L2 AWARD IN EMPLOYABILITY SKILLS: MAKING THE MOVE TO WORK**

**Learning Outcome 2: ACTIVITY 8**

**INDIVIDUAL ACTIVITY**

**Identifying personal strengths and preferences**

**For each of the categories below, list as many activities as possible where you are effective or that you find enjoyable, interesting or fulfilling.**

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| **Activities when you are EFFECTIVE – are those when you feel like you are at your best.** |
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| **Activities that you find ENJOYABLE – are those that you actively look forward to and want to do.** |
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| **Activities that you find INTERESTING – are those that make you feel like you want to know more and you can focus on what you are learning.** |
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| **Activities that you find FULFILLING – are those that make you feel satisfied and like the real you.** |
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