

Materials for gathering individual Positive CV

Positive Learning Ltd

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Me at my best - instructions

Write a little story about you!

Look back and think of a situation when you have been:

- totally immersed in doing
- at your most authentic
- energetic



Write boldly about yourself!

Describe situations that have been important to you.

Think of a moment or event in which you were successful and did something that you are happy and proud about.

Think of a situation where you acted in a way that aroused admiration in others and you received positive feedback.

For example, a situation where you were brave in facing a new challenge, or where you were kind to others and showed compassion.

It may be a situation where you achieved an important goal at school, in free-time or in a hobby.

Write in the story what happened (what you did) and how you felt.

You can also write what strengths made success possible, or otherwise influenced in the positive outcome of the situation.

Did you discover any new or surprising sides in you in the situation?

Save these important memories to your heart and value yourself!

I am

- Complete the sentences: what are you like, what strengths do you have, and about what have you received positive feedback from others.
- Start moving in the class. When you meet a classmate, change papers with him/her.
- Pick a sentence from your classmate's paper and tell each other more on the selected topic. Choose a sentence on every encounter.
- Mark the sentence when you have "used" it.



I am _____

I am _____

I am _____

I am _____

What does a strength mean to you?

What strengths do you have in your group?

What different strengths and skills do you recognize in yourself?

What are you interested in?

what do you like to do in your free time?

What hobbies do you have?

What different strengths and skills do you recognize in yourself in free time and in hobbies?

Name people who have helped you to find your strengths:



Your best qualities are:

This is what I have learned from you:

I think your strengths are:

I have spotted them especially when:

Photo assignment

- Collect a collage of things/items that are important to you and describe you and your interests.
- Take a picture and send it to your teacher.
- Look at the pictures together in class and discuss what strengths and skills you find in them, and who could be the person that took the picture!





Feedback on strengths

I appreciate in you...

I think your strengths are...

I have spotted them especially when...

Me as a family member

Interview your family members and collect information about your strengths. Complete the sentences:

My family thinks that the best in me

is _____

_____.

I think that the best in my family is

_____.



Me giving positive feedback

What words could I use to give positive feedback?

What could I give positive feedback about?

What does it feel like to give positive feedback?



from me:

from family:

positive
CV

from friends:

From hobbies