**2.1. PRACTICAL ASSIGNMENT**

**I can and I know how**

**Objective.** To reinforce a positive self-image.

**What needs to be done?**

Make a list of 30 of your strengths and abilities, expanding on these statements:

I CAN.....

I CAN......

.....

**Note**: Only write positive qualities, and it is advisable to replace descriptions such as "stubborn" with "persistent", "angry-demanding" etc.

**Think about it**:

* What did you learn about yourself in this exercise?*

* What real-life examples can you use to support your strengths?*

* How can these skills and qualities help you achieve your career goals?*