**6.4. PRACTICAL ASSIGNMENT**

**What do I want to learn?**

**Objective.** To promote the ability to integrate lifelong learning into one's career, family and leisure goals, with a view to continuous personal and professional growth.

This exercise will help you to clearly link your personal and professional goals to your learning processes, encouraging continuous improvement and r adaptation to changing life circumstances.

**What needs to be done?**

* **Goal setting:** fill in the table with your main goals for work, family and leisure life. For each area, identify the long-term goals you want to achieve.
* **Identifying competences:** for each objective, identify the new competences or skills you need to learn in order to successfully achieve your objectives.
* **Overview of learning opportunities:** think about and write down where and how you could acquire these competences. Consider the formal, non-formal or informal learning pathways that would be most appropriate to achieve your objectives.

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| Your long-term goals | What do you need to learn to achieve these goals? | Where and how could you learn? |
| Goals related to work activities | | |
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| Objectives related to leisure activities | | |
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| Goals related to the family | | |
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