

Me at my best



Overview of the activity

The "Me at my best" activity helps learners reflect on their personal strengths by identifying moments when they have felt most confident and successful. This reflection allows learners to recognize their core skills, values, and behaviors that contributed to these moments.

Learning goal

- Participants will identify and reflect on key moments in their lives when they performed at their best.
- Participants will be able to recognize their core strengths, skills, and values that contributed to their success.

Target group

Age range: young adults (14–30)

Group size: 2–10

Duration

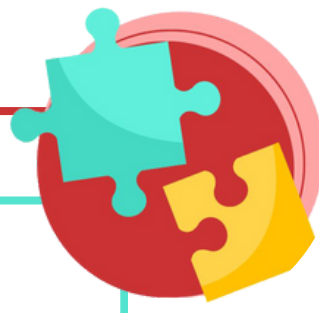
30–45 minutes

Format

- ☒ In-person ☒ Adaptable to digital format
- ☐ Included in learning platform

Materials

- A4 paper or devices with an internet connection
 - Pens
- ☒ Included in this activity:
- “Me at my best” worksheet
 - Persona template



How to implement

Introduction:

- Briefly introduce the method, explaining that it focuses on reflecting on times when the learner felt most confident, capable, and successful.
- Explain that the goal is to identify the key strengths, values, and behaviors that helped them succeed in those moments.

Step 1: Reflect on past success

- Ask learners to think back to moments in their lives when they felt they were at their best—whether in their personal or professional life.
- Have them write down these moments, considering what they were doing, how they felt, and why they consider it a success.

Step 2: Identify strengths and behaviors

- Ask learners to reflect on the strengths and behaviors that helped them achieve success during these moments. These could include skills, qualities, attitudes, or actions.
- For example, they might recognize that their communication skills, problem-solving ability, or empathy helped them succeed in specific situations.

Step 3: Connect strengths to future goals

- Once learners identify their strengths, have them think about how they can use these strengths in the future.
- Ask them to connect these strengths to their personal or professional goals, considering how they can apply them to overcome future challenges or achieve new milestones.

Step 4: Create a personal reflection or action plan

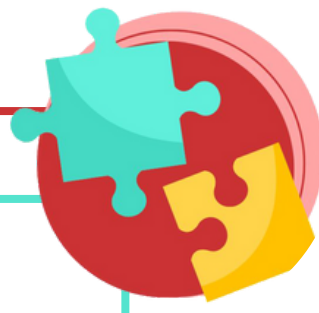
- Learners write a short reflection or action plan based on what they've learned about their strengths and how to apply them.
- This could include setting goals for using their strengths more often, such as taking on more leadership roles, improving their communication skills, or seeking new challenges that allow them to showcase their abilities.

Step 5: Share and discuss (optional)

- Optionally, allow learners to share their reflections or action plans with the group or a partner. This can foster a deeper understanding of how others use their strengths and open up a discussion about how to leverage strengths in different situations.

Wrap-up:

- Summarize the key points of the activity and encourage learners to continuously reflect on their strengths and how they can use them to achieve success in future endeavors.
- Remind them that recognizing their strengths and building on them is an ongoing process that will help them build confidence and self-awareness.



Tips for use 💡

Use as group or individual activity:

- Group: after reflecting individually, learners can share their moments of success with the group, encouraging others to recognize their own strengths.
- Individual: learners can work independently to identify their strengths, allowing for personal reflection and a deeper understanding of their abilities.

Works well in hybrid/online setups:

- Online: the method can easily be implemented through individual reflection activities on digital platforms (e.g., Google Docs, H5P reflection templates), followed by group discussions in virtual meeting rooms.
- Hybrid: in-person learners can reflect on paper or in a shared document, while remote learners can participate via video conference or collaborative digital platforms like Miro or MURAL.

Encourage creative expression:

- Encourage learners to express their reflections in a creative way, such as through visual representation (drawing their strengths, creating mind maps), poetry, or even short videos that describe their moments of success.

Encourage open sharing but allow silence for reflection:

- Group discussion: once learners have reflected individually, facilitate a discussion where they can share their thoughts and insights. Create a comfortable environment for open sharing while respecting those who prefer to reflect in silence.
- Reflection time: allow enough time for learners to reflect quietly before sharing to ensure thoughtful contributions.

Use breakout rooms (online) or small groups (offline) for deeper discussions:

- Breakout rooms: in an online setup, use breakout rooms for learners to reflect on their strengths with a partner or small group. This encourages more intimate, focused discussions.
- Small groups: in an offline setting, divide learners into small groups to share their reflections and discuss how to apply their strengths in future situations.

Offer visual examples to stimulate creativity:

- Provide visual examples such as: photos of people achieving success (e.g., in a work setting, athletic competition, personal milestones); infographics outlining strengths and how they can be used in different contexts; mind maps that show how different strengths and experiences connect to personal growth and goal achievement.

Tools & downloads 🛠️

Tool

 *"Me at my best" worksheet*

 *Persona template*



Me at my best

Phase 1: Storytelling
(8 minutes)

Phase 2: Feedback
(5 minutes)

Interests

Skills

Values

Everything else



PERSONA



NAME:



AGE:



PLACE:

BIOGRAPHY

MOTIVATION

SOFT SKILLS

HARD SKILLS

INTERESTS