

## ACTIVITY 5

### Self-assessment: Take a selfy



**Ask the participants to look at their photos and focus on the following questions:**

What do you see in the eyes, nose, mouth? You are looking at a person who has overcome many difficulties until now. This person survived decades, of successes and failures... And today this person is here. What does this person have to say to you? How has he/she managed so far?

**Ask them to write down the key insights.**

