

Organization and country:	GROWTHCOOP (SPAIN)
Name of the activity:	“Collage of dreams”
Overview (What I am going to learn?):	I will learn to express graphically what my dreams are and to present them to my classmates. I will learn how to do an activity that will help me to motivate myself to achieve my dreams/goals.
Objective (What am I going to learn it for?):	The dream collage is a graphic way of putting into images what you want to achieve in a given time. This activity has the objective of helping to increase intrinsic motivation and to achieve our goals. Its main mission is to teach us a point of reference so that our mind does not stray from our objectives.
Materials:	<ul style="list-style-type: none"> - Scissors - Felt-tip pens - Papers - Magazines - Glue - A picture of each participant - Coloured Cardboards <p>The number of scissors and cards is equal to the number of participants.</p>
Time:	Approximately 45 minutes
Target group:	Workers

Instructions for facilitators

In this activity, the facilitator's task is simple. On the one hand, he/she has to explain what the activity consists of and distribute the required material to the participants (scissors, felt-tip

pens, papers, magazines, glue, coloured cardboards). For the other hand, the facilitator can guide the presentations of the dream collages.

Tasks and procedure:

1º The facilitator gives the material to each of the participants.

2º We take a sheet of paper and a marker pen and write the following questions on a sheet of paper and answer them:

- What do I want to achieve?
- What would I like to change in my life?
- How will the process of achieving my goals change the person I am now?

Keep in mind that the only person who will know the answers is you, write what you feel, meditate on it and don't forget to put a bit of everything, that is to say, work, your family life or your life with your partner, material things, intellectual things, etc.

3º Once the questions have been answered, we are going to take the cardboard and we are going to organise it in the following way:

- In the centre, our photo, each of us is the centre of our dreams.
- On the lower left-hand side, the material objectives, everything that costs money, for example: house, car, computer, travel, etc.
- On the right side above, you have to put what you want to achieve spiritually, emotionally, passions... for example, to improve as a person, to read more, to learn something new, maybe to meditate, also here you can put the trips according to your purpose of the trip, etc.
- On the lower right side, here you can put your career, profession, job. On this side, you can put the job you want, what you aspire to in it, if you want to be promoted, what you like about the job...

4º You have to take the magazines and having the idea of what you have to put on the cardboard, cut out images that say something to you about your dreams, they can also be phrases.

Conclusion and evaluation:

Finally, once the participants have made their dream collages, they will display them and explain them to the rest of their classmates (if they wish). In doing so, they will reflect on the importance of remembering the dreams and goals we have in life, and of considering when we want to achieve them and taking actions that facilitate our self-motivation.

By way of evaluation, a questionnaire can be filled in to assess satisfaction with the activity carried out and whether it has contributed to increasing the intrinsic motivation of each of the workers.