

## Toolkit 1 - Learning Unit 3 Pre-intervention

### Activity 5 Risk awareness and responsibility: Taking ownership of protective measures to address soft skills



Exercise

#### Risk evaluation

#### 5. Do you know how to adequately evaluate the extent of risk?



NO

#### Activity 5

On a scale of 1-100, state what percentage of your behavior you rate as risky with respect to your family, work, or your health. (1-the least risky; 100-the most risky).

1% ..... 10% .... 20% ... 30% .... 40% ... 50% ..... 60% ..... 70% .... 80% ... 90% .... 100%

Write down what you think is the meaning of these words:

1. Entrepreneur –

2. Employee –

3. Work –





**Psychological  
Early  
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4. Yes –

5. No –

6. Health –

7. Food –

8. Breathing –

9. Sports –

10. Family –

11. Friends –

12. Time –

13. Work-time –

14. Leisure time –

15. Hobbies –

16. Activities –

17. Love –

18. Self-love –



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Choose 5 words from those above. Write down what it means for you (each word). Try to imagine that you

lost it because of your behavior.

1.

2.

3.

4.

5.

Now state again on a scale of 1-100 what percentage of your behavior you rate as risky with respect to your family, work or your health. (1-the least risky; 100-the most risky).

1% ..... 10% .... 20% ... 30% .... 40% ... 50% .... 60% ..... 70% .... 80% ... 90% .... 100%

Has it changed and why?



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