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ME-commercer  
A new VET professional  
profile for Micro Enterprises

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## Exercise

<b>Name of the exercise:</b>	Learning from yourself
<b>Competence coverage:</b>	Setting up the personal and professional goals
<b>Source:</b>	Chamber of Commerce, Industry and Services of Cáceres
<b>Time:</b>	20 minutes
<b>Purpose of the activity:</b>	To know yourself and your knowledge
<b>What should you focus at?</b>	In this exercise you will have to focus on your life experience and try to remember past situations and actions. After reflecting on your past, you have to write all of it in the boxes and reflect on them what you have learned from those situations.
<b>Necessary materials:</b>	Paper sheet, pen
<b>Exercise:</b>	<p>How were you 10 years ago? You identify five areas or ways of acting 10 years ago and think about you have learned and changed in the last decade.</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

*This training material was created within the Erasmus + project:*

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	<p>What has been the last learning you have incorporated into your experience? And what would you have to improve or learn to follow towards ahead?</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p><b>What can you take from the results and what to do if your results are not satisfactory?</b></p>	<p>You can discover useful things you knew but didn't remember it. So, of these results you must try to choose the best part of your thinking and use it in your new business.</p>



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## Exercise

<b>Name of the exercise:</b>	Vital experience
<b>Competence coverage:</b>	Self-education.
<b>Source:</b>	Chamber of Commerce, Industry and Services of Cáceres
<b>Time:</b>	20 minutes
<b>Purpose of the activity:</b>	Know yourself and your abilities. The goal of this exercise is to know the behaviours, knowledge or understandings that you identify as important to your own learning. It may relate to general work habits, specific subjects, domains of learning, or a combination of these.
<b>What should you focus at?</b>	Your personal experiences are very important. Therefore, you must base yourself on them to be able to focus on your future as an entrepreneur. If we stop to remember it is possible that many of our work experiences can impulse our future.
<b>Necessary materials:</b>	Nothing more than your willfulness.
<b>Exercise:</b>	<p>Think of a difficult time that you have gone through in your professional life.</p> <ul style="list-style-type: none"> <li>• What is it that helps you solve this situation?</li> <li>• What behaviors? What values?</li> <li>• What actions did you take to turn the tortilla around?</li> </ul> <p>And think of an important achievement for you:</p> <ul style="list-style-type: none"> <li>• How did you feel?</li> <li>• What did you do to get it?</li> <li>• Who helped you get it?</li> </ul>
<b>What can you take from the results and what to do if your results are not satisfactory?</b>	<p>These results should help you to learn and manage discouragement and be aware of your successes fundamental to undertake....</p> <p>Do you start to see that it helps you in your path?</p>

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## Exercise

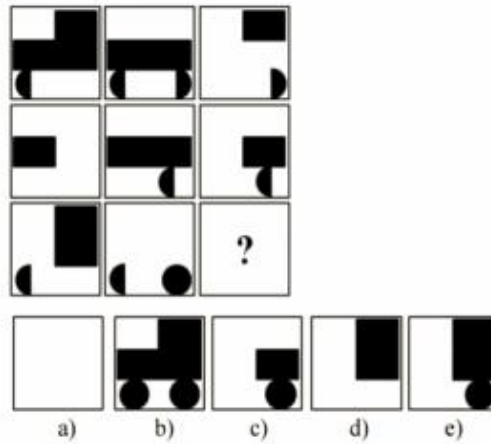
<b>Name of the exercise:</b>	Logical chains
<b>Competence coverage:</b>	Logical thinking, problem solving
<b>Source:</b>	<a href="https://www.testavimas.vtd.lt/portal/">https://www.testavimas.vtd.lt/portal/</a>
<b>Time:</b>	The task has to be carried out as soon as possible, with a time limit set.
<b>Purpose of the activity:</b>	These kind of exercises can help you to measure your ability to work flexibly with unfamiliar information and solve problems. Your task is to identify the underlying logical rules of each series and use this information to select the missing shape from a number of options or detect code of the solution (No.5)
<b>What should you focus at?</b>	Logical reasoning tests could help you develop your ability to work flexibly with unfamiliar information and solve problems.
<b>Necessary materials:</b>	Paper, pen, timer
<b>Exercise:</b>	<p>Below you will find some exercises. All of them require finding and applying of a logical sequence. Try to solve them and/or create your own ones.</p> <p>1.</p> <p>a) b) c) d) e)</p>

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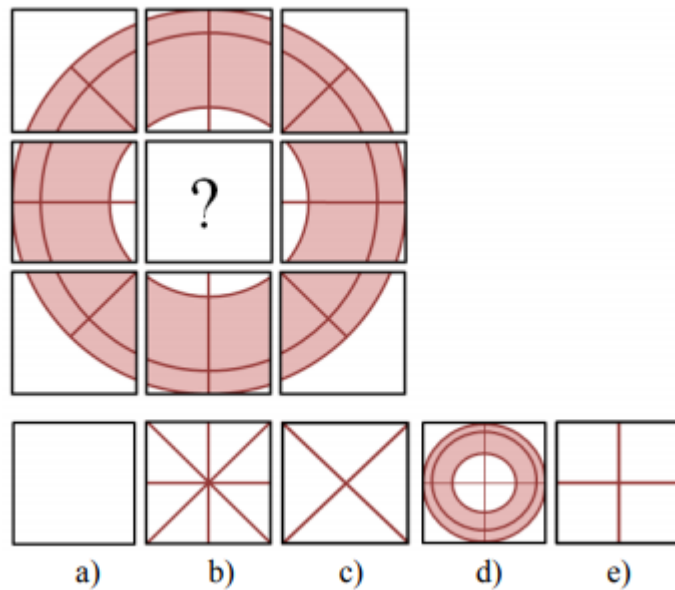
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2.



3.



4.

What number should be there instead of the question mark ?

✓ 1 6 18 16 21 63 ?

✓ 86 87 72 ? 59 60 47 48

	<p style="text-align: center;">✓ 864 432 216 ? 54 27</p> <p>5. Imagine alternative calculating system.</p> <p>If:</p> <p>one strawberry = 1</p> <p>one orange + 2 strawberries = 6</p> <p>and</p> <p>one orange = <math>\frac{1}{2}</math> of pineapple</p> <p>then solve the following equation:</p> <p style="text-align: center;"><b>(2 pineapples + 1 orange) / orange + strawberry = ?</b></p> <p><i>Correct answer here is: 6</i></p>	3
<p><b>What can you take from the results and what to do if your results are not satisfactory?</b></p>	<p>Entrepreneurs, as well as me-commercers, often have to operate in highly complex situations in which they must process large amounts of unfamiliar information; this incoming information may be so voluminous and so varied in nature that the overload of information can be reached. Most probably, this information also has to be processed in „emergency conditions“, so the ability to identify and use logical sequences of information really can help you to develop your competence of learning to learn.</p> <p>Found it interesting? Check more of them:</p> <p><a href="https://www.assessmentday.co.uk/logic/free/LogicalReasoningTest1/LogicalReasoningTest1-Questions.pdf">https://www.assessmentday.co.uk/logic/free/LogicalReasoningTest1/LogicalReasoningTest1-Questions.pdf</a></p> <p><a href="https://www.assessmentday.co.uk/logic/free/LogicalReasoningTest2/">https://www.assessmentday.co.uk/logic/free/LogicalReasoningTest2/</a></p>	



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## Exercise 15

Name of the exercise:	The 2 - minute rule
Competence coverage:	Learn to learn: stop procrastinating
Source:	Book "Getting Things Done" by di David Allen
Time:	Unlimited or even just two minutes :)
Purpose of the activity:	This exercise will help You to work on procrastination solutions.
What should you focus at?	<p>Can all of your goals be accomplished in less than two minutes? Obviously not. But, <i>every goal can be started in 2 minutes or less</i>. And that's the purpose behind this little rule. It might sound like this strategy is too basic for your grand life goals, but it is not. It works for many goals because of one simple reason: the physics of real life.</p> <p>As Sir Isaac Newton taught us that objects at rest tend to stay at rest and objects in motion tend to stay in motion. This is just as true for humans as it is for falling apples.</p> <p>The 2-Minute Rule works for big goals as well as small goals because of the inertia of life. Once you start doing something, it's easier to continue doing it. The 2-Minute Rule embraces the idea that all sorts of good things happen <i>once you get started</i>.</p>
Necessary materials:	Nothing more than your willfulness

## Exercise: The 2 - minute rule

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<b>Exercise:</b>	<p>The exercise consists in using two minutes of your time every day for doing something that you never accomplished before. Some examples</p> <p>Want to become a better writer? Just write one sentence (2-Minute Rule), and you'll often find yourself writing for an hour.</p> <p>Want to eat healthier? Just eat one piece of fruit (2-Minute Rule), and you'll often find yourself inspired to make a healthy salad as well.</p> <p>Want to make reading a habit? Just read the first page of a new book (2-Minute Rule), and before you know it, the first three chapters have flown by.</p> <p>Want to run three times a week? Every Monday, Wednesday, and Friday, just get your running shoes on and get out the door (2-Minute Rule), and you'll end up putting mileage on your legs instead of popcorn in your stomach.</p> <p>You can exercises on what you prefer, even "Want to become a Me-commercer"?</p>
<b>What can you take from the results and what to do if your results are not satisfactory?</b>	<p>The 2-Minute Rule isn't about the performances and the results you achieve, but rather about the process of actually doing the work and it works well for people who believe that the system is more important than the goal. The focus is on taking action and letting things flow from there.</p>