



COVID-19 Recovery and Resilience Programme

EPISODE 14

Reinventing Yourself

FACILITATOR

Nenya Quojo Nuamah



A partnership between



Solidaridad



WORKBOOK

This workbook is a personal guide designed to accompany the CoRe Programme's audio and video lesson for the week. Download it for free on our website www.core.com.gh

Name: _____

Phone Number: _____

Reinventing yourself means “to move away from an old situation to a new situation.” Reinventing yourself could be; changing your spending habit, staying away from unprofitable company/ friends or deciding to live and eat healthier.

Share 1 old habit you are going to unlearn and 1 new habit you would like to pick up.

Old Habit: _____

New Habit:

Eight tips for reinventing yourself by Nanya Quojo Nuamah

- Start the day right.
- Decide what habits you must unlearn
- Decide which new skills to acquire
- Find coaches or mentors
- Beware of self-sabotage
- Connect Digitally
- Pray Always
- Understand Money

Write down three things you would do if you were not afraid you will fail.

I. _____

II. _____

III. _____

Which one of the three things above would you do immediately? Why?

Let us to hear from you.

1. What is the biggest lesson you have learnt from this episode and the workbook?
2. What will you do with the lesson you just learnt?
3. What question would you like to ask the facilitator?

Share your answers to these or any comments you may have on:

Facebook Page: <https://web.facebook.com/CoReProgramme/>

Twitter Page: <https://twitter.com/CoreProgramme>

Instagram Page: <https://www.instagram.com/coreprogramme/>

WhatsApp hotline (+233) 55 153 55 33 and we will respond to you within 24 hours.

Visit our website www.core.com.gh and follow us on social media @CoReProgramme for more interesting sessions.

For further information send us a WhatsApp message on (+233) 55 153 55 33



055 153 5533



www.core.com.gh



@coreprogramme