

WOMEN EMPOWERMENT

FINDING MY BALANCE



JOURNAL

WITH 52 CHALLENGES TO HELP YOU DISCOVER
YOUR SINGULARITY, DUALITY & PLURALITY

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INTRODUCTION

Welcome to the “Finding my Balance” journal.

We are so happy you joined us and decided that this journal will be your support through the journey of self-discovering, self-reflection, and self-growth. This journal was created by women for women and it has 52 challenges for 52 weeks of the year, but you can start using it whenever you want and finish it whenever you want.

It is a support system to lead you through the areas of your life that women find important. The journal is the result of many different workshops that we implemented in the last years and have proven to be helpful for different groups of people, especially women.

The journal consists of three parts:

- 15 challenges of “Singularity”, which will help you to get to know yourself better.
- 15 challenges of “Duality”, which will help you discover yourself in different relationships and your communication style.
- 15 challenges of “Plurality”, which will help you to define your role in society and especially in the community where you live and create.
- 7 tasks in the journal are an overview of the path you will make during the year/process of using our journal.

The project “Women Empowerment” (2021-1-PL-01-KA210-ADU-000034984) is an Erasmus+ project in adult education and a result of the cooperation among Polish Fundacja Wyobraź Sobie, Italian Zoe Teatri, and Slovenian Aspira Institute. This journal was designed by Aspira Institute.



PRESENTATION OF THE WOMEN EMPOWERMENT PROJECT

"Women Empowerment" is a one-year small-scale project (KA2) applied in Poland. The purpose of the project is to empower 18+ women from different backgrounds and to exchange good practices of women's empowerment between partners. The project partners come from Poland, Italy, and Slovenia.

By implementing the Women Empowerment project, we want to:

- empower women with fewer opportunities from Poland, Italy, and Slovenia,
- develop the broadly understood competencies of the staff of our organizations and the adult women with whom we work,
- expand our knowledge of, inter alia, the Erasmus + program, and the EU,
- build long-term, trust-based relationships with partner organizations,
- gain experience in international projects,
- enrich the educational offer of our organizations.

As part of the project, we plan:

- 54 online workshops for adult women,
- webinars to exchange good practices for the organization's staff,
- 3 extensive local activities for women (Finding my Balance in Slovenia, Talend Garden in Italy, Zmień swój świat in Poland),
- 1 international women's meeting.

The result of the project will be, among others, increasing self-esteem and the development of broadly understood competencies of the staff of our organizations and adult women with whom we work, as well as building international relationships based on trust.

Additionally, the results include 4 products:

- Journal with 52 self-development tasks.
- The edu-LARP educational tool.
- A toolkit with educational scenarios about preventing violence.
- Scenarios based on the online workshops.



PRESENTATION OF PARTNER ORGANISATIONS IN THE PROJECT

ASPIRA INSTITUTE

Aspira Institute was established in March 2020 with the vision that the power of passion changes the world anywhere and anytime. We want a world where no one will be afraid to express their opinion, a world with people who like to explore, are not afraid of change and growth, accept others, and seek compromises. The mission of the institute is to offer individuals an environment in which to develop their passions. Our core values are audacity, creativity, initiative, supervision, and freedom.

We develop, inspire, create, encourage, support, mentor, and coach, establish a safe space, offer freedom, and accept and open space for the development of passion. We do this for people who are looking for their own selves, for the brave, for those who will become it, for those who want MORE, for those who dream and want to make dreams come true, and for all the curious.

We operate on the local, regional and international levels. Areas of work include education, computer science, programming, art, filmmaking, and visual arts. The staff of the institute has a range of experience in the above areas.



Our target groups are:

- young people (age 13 - 30),
- women (age 18 and over),
- children (age 5 - 12),
- professionals (experts working in the field of youth, teachers, pedagogues, psychologists, experts in the field of computer science, artists, filmmakers, etc.),
- general public (this includes those who are not listed in any of the above categories and are addressed with the aim of positioning the Institute and spreading the effects to the above-mentioned target groups).

At the moment our core team consists of five members, but we also include active young people and volunteers in our work.

FUNDACJA WYOBRAŹ SOBIE

Our name translates as „Imagine”. We imagine our local community as a safe, inspiring place for every child and adult; where people talk about their conflicts rather than fight over them, care for one another, and for the world; where different groups and institutions cooperate so that persons in crises find support and overcome difficulties. We imagine - and then work to make these ideas a reality.

We run workshops for children, teenagers, as well as for adults: women, parents, and professionals. The main topics cover:

- working with emotions
- creativity
- social and leadership skills development
- global education
- dialog and nonviolent communication
- empowering women.

Our main goal is to support:

- local activists and changemakers
- families understood as a key place for the development and growth of all its members.

We work in parallel with children, youth, and adults, believing in a systemic approach to change. We focus primarily on educational activities such as workshops, training, and individual support (mentoring, consultations, coaching).



The Foundation has been active since 2017, but the team has 15-20 years of professional experience in various areas, including finance, management, training, global education, psychology, pedagogy, and artistic activities.

Our activities aimed at adults focus mainly on three areas:

- Working with parents (Jestem z Ciebie dumny [I'm proud of you] and Szkoła dla Rodziców [School for Parents] - a school of dialogue that teaches a way of communication which respects both sides: the parent and the child)
- Working with women including those experiencing or at risk of experiencing violence (program Zmień swój świat [Change your world])
- Working with people interested in having an impact on the local community, local leaders, activists, and changemakers (Światozmieniacze [Changemakers] and Skawina się dzieli [Skawina shares]).

As a Foundation, we also offer individual support to the above-mentioned groups of adults (in the form of coaching, consultation, or mentoring).

Considering adults, we mainly work with parents, women, and local activists, usually aged between 25 and 50. They live in Skawina (24,000 inhabitants) or nearby villages. During the activities we offer, we try to gather groups as diverse as possible - we believe in diversity and the ability to see and appreciate differences and similarities as one of the key elements of development. For our activities, people come from very different groups - people in a difficult financial situation, people from corporations, people with their own businesses, unemployed, catholic and non-catholic, people experiencing violence, but also people who may not know any other way of reacting than aggression. Their common feature is the willingness to work on themselves.

ZOÈ TEATRI

The Zoè Teatri association, founded in 2007, has been dealing with civil and social theater for years, offering shows and workshops based on improvisation, a valuable tool for the work of facilitators, educators, psychologists, and community animators. The organization specializes in the use of drama and methods of participatory art for intercultural communication and social responsibility.

Zoè Teatri APS promotes experiences of putting into play and putting into action personally and collectively through the instrument of the theater.

The production of relationships rather than forms takes place thanks to the combination of methodological tools of creative facilitation and a collaborative approach. Zoè Teatri's purpose is to perform activities aimed at education, promotion, and development of communities through social solidarity and physical, psychic, and social wellness all over the national and international territories. Zoè Teatri's activities include social theater, improvisation theater, and cultural creativity. Zoè Teatri also works with children and families, organizing, coordinating, and supervising recreational and educational activities. Zoè Teatri can also collaborate with organizations, and physical and legal persons working in similar activities, promoting actions supporting the school, family, cultural and intercultural communities.

HOW TO USE THE JOURNAL?

The journal is separated into 52 challenges for 52 weeks of one year of our travel around the sun. It is a supporting tool to help you focus on questions that women face in their middle ages when we take on so many other roles in our lives and sometimes forget about who we really are and what we like and want.

So, this journal is the way to S T O P for a bit, take a deep breath, and look inside yourself. Despite the fact that the journal is made for a year, you do not have to start using it on January 1st, but you can start whenever you feel like it. Whenever it calls you. And also you can finish it whenever you like it.

You can take one whole part of the challenges or just a few or you can make a whole journal. Whatever feels right at this moment.

Of course, we will appreciate it if you will share this journal also with your friends, family members, coworkers, sisters, mothers, cousins, and daughters.

Few suggestions for using this journal:

- S T O P for a moment and take a few deep breaths to put yourself right here right now.
- Use the journal in a safe, calm space (it can also be on the toilet ;). You can light a nice-smelling candle, put some relaxing music on, etc.
- There is no right or wrong. All answers are the right ones for you at this moment.
- Do not hold back, let everything out. Paper can take it all.
- Be gentle and empathic to yourself.
- Go with your "guts". Do not think too much, try to hear your inner voice, what is your intuition telling you?
- Be the creator of your life and find your balance.



TASK



REFLECTION



I AM GRATEFUL FOR ...



Write down all the personal properties, people, things, and situations you are grateful for at this moment. Find at least 30 different ones.

- | | |
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| 1 | 16 |
| 2 | 17 |
| 3 | 18 |
| 4 | 19 |
| 5 | 20 |
| 6 | 21 |
| 7 | 22 |
| 8 | 23 |
| 9 | 24 |
| 10 | 25 |
| 11 | 26 |
| 12 | 27 |
| 13 | 28 |
| 14 | 29 |
| 15 | 30 |



How are you feeling looking at your list?
Was it easy or was it hard to find at least 30 gratitudes?

MY VALUES



Think about which values are the most important for you.
From the list below choose 5-10 values that lead you through life.
The aim of this is to see which levers lead us and drive us in everything we are and in everything we do.

FAMILY
FREEDOM
SECURITY
LOYALTY
INTELLIGENCE
CONNECTION
CREATIVITY
HUMANITY
SUCCESS
RESPECT
INVENTION
DIVERSITY
GENEROSITY
INTEGRITY
FINESSE
LOVE
OPENNESS
RELIGION
ORDER
ADVANCEMENT
RESPECT
JOY/PLAY
FORGIVENESS
WORK SMARTER AND HARDER

EXCITEMENT
CHANGE
GOODNESS
INVOLVEMENT
FAITH
WISDOM
BEAUTY
CARING
PERSONAL DEVELOPMENT
THIS TOO SHALL PASS ATTITUDE
HONESTY
ADVENTURE
KINDNESS
TEAMWORK
CAREER
COMMUNICATION
LEARNING
EXCELLENCE
INNOVATION
QUALITY
COMMONALITY
CONTRIBUTING
SPIRITUALISM
STRENGTH
ENTERTAIN

WEALTH
SPEED
POWER
AFFECTION
COOPERATION
FRIENDSHIP/RELATIONSHIP
ENCOURAGEMENT
PRIDE IN YOUR WORK
CLARITY
CHARISMA
HUMOR
LEADERSHIP
RENEWAL
HOME
BE TRUE
CONTENTMENT
FRIENDSHIP
COURAGE
BALANCE
COMPASSION
FITNESS
PROFESSIONALISM
RELATIONSHIP
KNOWLEDGE
PATIENCE

PROSPERITY
WELLNESS
FINANCES
GRATITUDE
GRACE
ENDURANCE
FACILITATION
EFFECTIVENESS
FUN
FAME
JUSTICE
APPRECIATION
WILLINGNESS
TRUSTING YOUR GUT
GIVING PEOPLE A CHANCE
FORGIVENESS
SELF-RESPECT
ABUNDANCE
RECIPROCITY
ENJOYMENT
ENTREPRENEURIAL
HAPPINESS
HARMONY
PEACE
SIMPLICITY



How are you feeling looking at your chosen values?
How difficult was it to choose them?



MY PREVIOUS YEAR



Write your story of the previous year (what happened, how satisfying your life was, what challenges you overcame, etc.). When you are done, take a colorful pen, marker, or crayon, read the story again, and choose/color 10 words from the text that you find the most important, most inspiring, and most difficult.



How are you feeling looking at/reading your story of last year?
How was the process of writing for you?
Were there any challenges you faced in this task?
If any, how have you overcome them?

NEW STORY



Use the 10 chosen words from your previous task and write a story of the year ahead of you using these words in old or new ways. Write down everything that you wish for, and how you wish it will be. Let it all out. You can also leave your comfort zone and dream big.



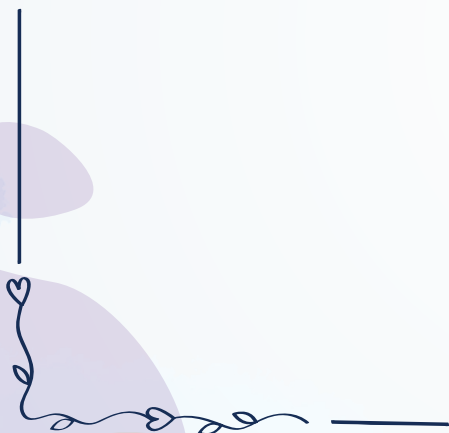
Did you like the words you have chosen?
Was it difficult to use them in a new way?
How are you feeling reading your story for the new year?
Which challenges have you faced?
If any, how have you overcome them?



MY FUTURE



Our development is very important. Oftentimes, this is the reason why we stand up in the morning and do what we do throughout the day. Visualizing our wishes helps us to see the future we want. So, get creative and make your vision board for the next 365 days. Use different newspapers, and magazines and find pictures, words, and titles that inspire you and create a picture that captures everything that you wish for. Do not hold anything back. Or just use colored pencils and write, draw, and sketch your future. In the end, put the vision board on a place, a wall where you will be able to see it every day and remind yourself what you dream and what you want.



How do you feel after finishing the vision board?
Can you see your future brighter?
How was the process of creating for you?



DEAR ME...



You in 365 days. Write yourself a letter about where you are in a year, how you feel, what has changed, what you have accomplished, and which goals that you have set for yourself are already realized. Be gentle to yourself. Put the letter in an envelope and put it somewhere safe. You can open a letter on the same day next year (just do not forget where you put it :).

Dear me _____ (your (nick)name)



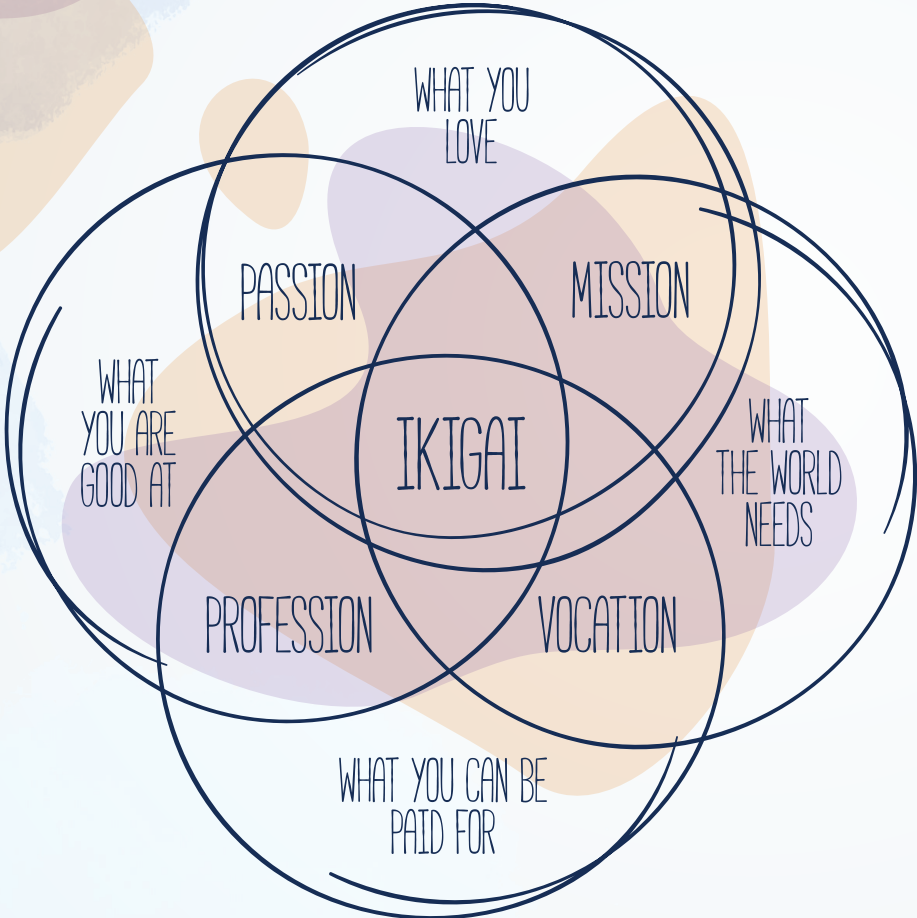
How do you feel after writing the letter to yourself?
Have you faced any challenges during the process?
If yes, how have you overcome them?



MY IKIGAI



Why are you here? Find your ikigai. Ikigai is a Japanese philosophy that helps you find your true life purpose, your reason for being. 'Iki' in Japanese means 'life,' and 'gai' describes value or worth. Your ikigai is your life purpose or your bliss. It's what brings you joy and inspires you to get out of bed every day.



Think about and write down:

What you love. Think about everything that you enjoy doing ...

(you do it over and over again when you do it, you are never bored and you forget about everything around you ...)

What you are good at. Another thing that can help you get closer to finding your ikigai is figuring out what you are, or would like to be, good at ...

(what skills do you have, what do you do better than the others, about what people turn to you, what are you good at and you want to be even better ...)

What you can get paid or rewarded for ...

(for what work you were paid until now, for what you would like to be paid, for what you could be paid, what would you do if you have not been working/had a job ...)

What the world needs ...

(what can you do to make people around you happy, what does your local community need, what challenges around you are you able to solve, what kind of changes you can bring to the people around you ...)



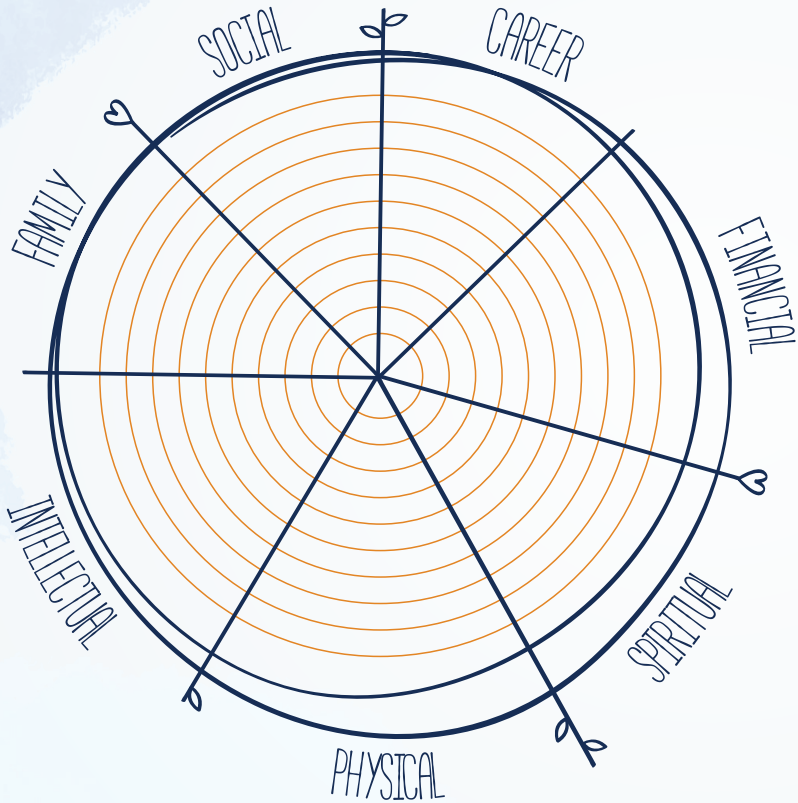
How do you feel after writing the letter to yourself?
Have you faced any challenges during the process?
If yes, how have you overcome them?



CIRCLE OF LIFE



Everything in nature is circulating. And we as well. You can see your today's life circle below. Mark how satisfied you are with the 8 areas of your life today from the inside out. Choose different colors and color each sector. Keep in mind that today's life circle will be different each time you make it. You have 8 different categories, we have selected 6 and you can choose two that is important for you and it is not in the circle yet.

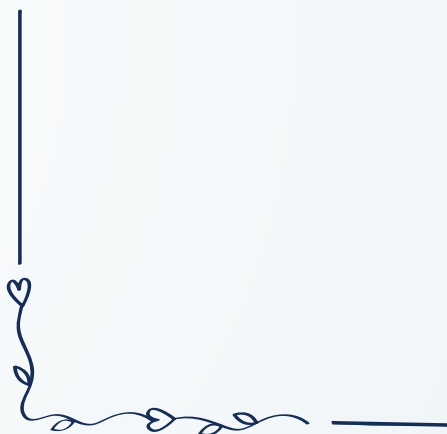


How do you feel after doing it and looking at it?
Which are the areas you are or you are not satisfied with?
What can you do to improve it?

MY LINE



What is your line like? Take a pencil and choose a song you love for the background. Forget about everything, close your eyes and just follow the music and draw lines that you feel. Everyone is creative, just let it all out. Here is an example to help you.



How do you feel after doing it and looking at it?
How hard or easy was it to just follow the music with your pencil?



ME IN A PORTRAIT



Today you will draw again. Creativity is in all of us in different shapes and versions. You will draw your fractal portrait, your face. Fractal pictures are made with closed eyes in just one line. So, take a pencil and use this journal to draw your portrait in a different way. Close your eyes and make it only with one continuous line. This is you from your intuition. After finishing you can take different colors of crayons and color it. You might find different shapes (like hearts, animals, etc.) in your portrait. Think about what these symbols are trying to tell you, show you.

You can use this technique every day in the morning and see how you are feeling. Round shapes represent the calm state of mind, sharp shapes show us that we are tense and that something is going on in us. Ask yourself what? Do not forget - always with closed eyes and in one line.



How do you feel after doing it and looking at it? If you have found any shapes in the picture what do you think they are telling you?



MY "AEIOUY"



Write down your AEIOUY:

A = abstinent

(what you have been abstinent
from today that you are really proud of):

E = exercise

(what have you worked out (sports) today):

|| = ||

(what have you done for yourself today):

0 = others

(what have you done for others):

U = unexpressed

(if, how have you unexpressed your feelings today):

Y = yeah

(what good happened today):



Were you tackling anything today?

What was it?

How do you think you managed?

DESTROY THIS PAGE



You can do with this page whatever you want. Write, draw, color, make a hole in it, tear it ... The aim of this is to let out any negative feelings that you might feel as well as to lose the fear of having a blank white page in front of you and thinking it always needs to look nice and pretty. It does not!



How do you feel after this?
Were you able to let out any negative feelings that you might have ;)?



MY BUCKET LIST



Make a list of wishes and dreams you have, journeys you want to take, adventures you want to experience, people you want to meet, changes you want to make, and fears you want to tackle. Create a list with at least 20 different ones.

Dream big or go home :).

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| 1 | 16 |
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| 8 | 23 |
| 9 | 24 |
| 10 | 25 |
| 11 | 26 |
| 12 | 27 |
| 13 | 28 |
| 14 | 29 |
| 15 | 30 |



How do you feel after this?

Which wishes have you still not fulfilled?

What are you waiting for?

EVERY SMALL STEP COUNTS



One small step forward each day means 365 steps closer to your dreams after a year. Sometimes our dreams are so big that we do not believe we can make them happen anymore. But if we divide them into very small steps which we can make each day, we will definitely get closer to them. Choose 3 - 5 challenges from your bucket list and write for each of them the first 5 small steps you need to do to move them forward (for example - write an email, find a travel ticket, make a call, google it, go out for a walk).

When making every small step, give yourself a big high five.

1	<hr/> <hr/>
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4	<hr/> <hr/>
5	<hr/> <hr/>



Are you ready to start achieving your goals?
How difficult do you find the process of making big dreams into small steps? How does that make you feel?
Have you faced any challenges?
If yes, what did you do to overcome them?



MY LIFE RIVER



Draw your life river from the day of your birth to today and mark the most important events that happened to you and the people who were there along with you.

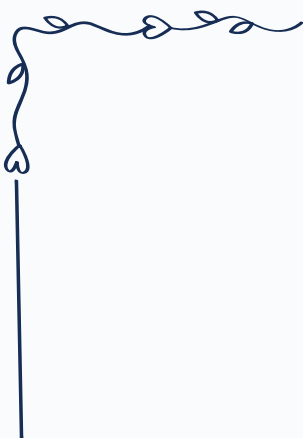


Who are the most important people in your life?
What kind of relationship do you have with them?
Are there some relationships that you would like to improve?

MY TRIBE



In the past, the tribes were very important for people to be able to survive. Maybe in the future we will return to tribes again. Who are the most important people in your life? Who is your tribe? How small/big is your tribe? Take crayons and draw your tribe with all the most important people you share your life with. What kind of relationship do you have with them?



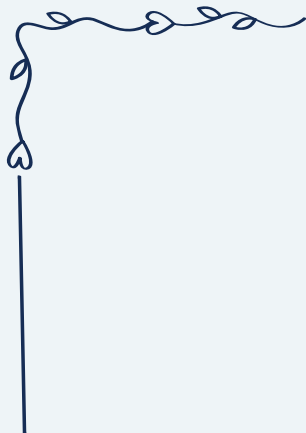
How challenging was this task?
How do you feel looking at the picture of your tribe?



IMPORTANT WOMEN



In every part of our lives there are other key people that influence us, our development, and our growth. Think about women who walk/walked along you for a short or long period of time and what were their contributions to where you are in this moment.



How important is it for you to be inspired by other women?
What can women share with other women?
What can you share with other women so they will flourish even more?



MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY

[illegible]

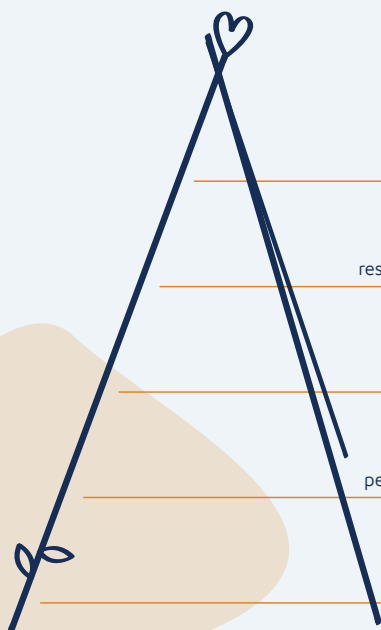
How would you describe this week in your home for you?
How happy and satisfied do you feel at your home?
What makes your home yours?

WORDS, WORDS, WORDS



Communication is the key in almost all relationships. Verbal and nonverbal. Even though we might speak a lot we all know that misunderstandings happen so many times. How we react to other people and how other people react to us always comes from our or their needs that are or are not fulfilled. Have you ever asked yourself about the needs of another person? Where is he/she/they coming from? Can you put yourself in their shoes? Are you able to find solutions that bring win-win situations for both sides?

We are sure you are familiar with Maslow's hierarchy of needs.



SELF-ACTUALIZATION

desire to become the most that one can be

ESTEEM

respect, self-esteem, status, recognition, strength, freedom

LOVE AND BELONGING

friendship, intimacy, family, sense of connection

SAFETY NEEDS

personal security, employment, resources, health, property

PHYSIOLOGICAL NEEDS

air, water, food, shelter, sleep, clothing, reproduction



How are your needs fulfilled at this moment?
On which level can you find yourself?
Are you satisfied with where you are?
If not, where would you like to be?
How do you think you can get there?



MY COMMUNICATION STYLE



What communication style do you use?

- ☐ **The Assertive style** is one of the most recommended communication styles, reflecting and promoting high self-esteem. It is a healthy style of communication and gives you greater chances to achieve what you are looking to achieve.
- ☐ **The Aggressive style.** This style involves winning, even if it is at someone else's expense. People employing this method usually feel like their needs are much more important than those of other people. They feel like they have more rights and are the ones who contribute more compared to other people.
- ☐ **The Passive-Aggressive style.** People who opt for this style are those who feel like they have no power and are resentful. They usually express their feelings through the subtle undermining of the object (real or imagined) of their resentment – even if it means sabotaging themselves.
- ☐ **The Submissive style.** People with this type of communication will put the needs of others before theirs because they see other people's needs as being more important than theirs.
- ☐ **The Manipulative Style.** This style is scheming, calculating, and shrewd. People who use this style are very skilled at controlling or influencing others for their own advantage. They use words that hide underlying messages, and the other person doesn't know what it is.
- ☐ **Direct.** This is a style where the speaker doesn't mask the message she wants to pass across. This involves the use of clear language that can be easily understood by the other person. There are times when the receiving party doesn't want to hear something, using a direct style will mean providing them with all the information but might be received in a more harsh way. It is much easier to know where a person stands when they use direct communication.
- ☐ **Indirect.** This is the opposite of direct communication. People employing this style tend to mask their intentions and needs. It is hard to know what they are looking to achieve. It can be hard for a person to decipher what you are trying to communicate, especially if they are not accustomed to a particular group or culture.

Source: <https://dspsychology.com.au/7-communication-styles/>



Were you able to define your communication style?
Does your communication style change when you talk
to different people? Which style do you use most often?

HOW I TALK TO MYSELF



For one day or more just try to observe what kind of thoughts go through your head. What are you thinking about? Are you thinking about the past, planning all the time, and juggling all the "to-do-s" that you need to implement? Is there any time when your mind is or can be empty? Write down the thoughts that went through your head in one day.



Look at the list of thoughts - are there more positive or more negative thoughts? Was there any time during the day when your head was empty of thoughts? If yes, when does this happen? How many times were you able to be here and now, at the moment?



EMPATHIC COMMUNICATION TO MYSELF AND OTHERS



The communication can be described through two very different animals - the giraffe and the jackal. The giraffe is an animal with a very big heart so it can pump up blood to its head that is very high, so it can see everything from a distance and with a cool head. The jackal on the other side is about judging, criticizing, analyzing, moralizing, and accusing. When we feel unfairly treated, or accused, or when we want to impose our wishes, we tend to use the language of the jackal. Jackal language is separating. Giraffe language is unifying. Can you think about any situations where you have been speaking to yourself or others as a giraffe or as a jackal?

Write them below.

SPEAKING TO YOURSELF AS GIRAFFE/JACKAL

SPEAKING TO OTHER AS GIRAFFE/JACKAL

Source: <https://blog.krauthammer.com/try-the-language-of-the-giraffe-nonviolent-communication-1>

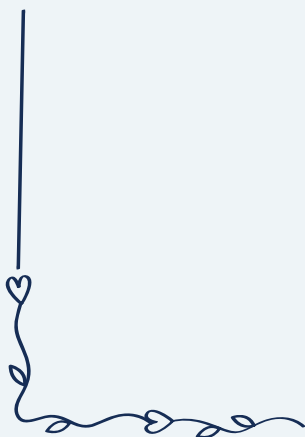


How do you usually speak to yourself and/or to others?
Which animal is more often present in your life?
Which one would you like to invite to come more often
in your life and communication?

THE POWER OF NOW



Is nature at any time your refuge? Do you go there to clear your head and find peace? How often per week or month do you go to nature to refill your batteries? Take crayons and draw your favorite spot in nature where you can feel the most at the present moment. The feeling of being here and now. You can also add and describe what nature means to you.



How do you feel about nature?
How important is it for you?



MEDITATION IN NATURE



Go to nature. Visit a forest, meadow, or river bank ... Set an alarm clock for 7 minutes. Find a calm place, sit, close your eyes and do a few really deep breaths. Try to feel your body, try to calm your mind. Try to be present in the moment, here and now. Do not think about the past nor the future. Try to relax step by step from your head to your toes and just stay there until you hear the alarm clock. On the way back home you can also hug a tree. Try it, it is so soothing. Write below how the whole experience of meditation was for you.



How did it feel to do meditation in nature?
How hard or easy was it to sit peacefully for 7 minutes?

MY ECOLOGICAL FOOTPRINT



Every one of us influences the environment we live in. Does July 28, 2022, mean anything to you? This was the day when this year people of the world used all the resources that the Earth creates or renews within one year. From this day forward, all people on the planet create an enormous ecological debt. If everyone in the world lived the way we live in Europe, we would need 3 planets and a half. Click on the link below and calculate your ecological footprint:



<https://www.footprintcalculator.org/home/en>



How do you feel after learning about the results?
What do you think you can do or change to make
your ecological footprint smaller?



need is to
kind of a
Write or

[illegible]

MY RELATIONSHIP WITH MONEY



Money is good, pure, useful, and necessary for my prosperity and growth, for my satisfaction, and abundance. Money brings positive things to my life. How well can you relate to these sentences? How would you describe your relationship with money? Tick the sentences that are true for you.

- ☐ MONEY STINKS.
- ☐ IF I HAD A LOT OF MONEY, PEOPLE WOULDN'T LIKE ME BECAUSE OF IT.
- ☐ MONEY CORRUPTS A MAN.
- ☐ MONEY DOES WELL.
- ☐ GOD LOVES THE POOR.
- ☐ HE WHO SAVES IS A MISER.
- ☐ ONLY THOSE WHO EARN A LOT CAN GET RICH.
- ☐ MONEY IS NOT EVERYTHING.
- ☐ WE WILL NOT TAKE ANYTHING WITH US.
- ☐ EVERYTHING IS PREDETERMINED.
- ☐ POVERTY IS BAD.
- ☐ IF I SAVE, I CAN'T AFFORD ANYTHING NOW.
- ☐ MODESTY IS A VIRTUE.
- ☐ I DO NOT KNOW HOW TO MAKE MONEY.
- ☐ MONEY IS THE MOST IMPORTANT THING.
- ☐ MONEY IS NOT EVERYTHING, BUT IT HELPS.



Were your answers more on the positive side or more on the negative side? Who do you think had the biggest impact on your relation to money? Do you think you have to change your beliefs about money?



MY FINANCES



It is important to have a good overview of your money. Do you know where your money goes? Do you plan and follow your finances every month? Do you invest? Your task is to follow your expenses for one month.

My monthly costs:

Accommodation
(electricity, heating, water, etc.)

Food and drinks

Clothes and shoes

Furniture and household appliance

Cosmetics and health

Transport
(car, train, etc.)

Communication
(internet, mobile phone, TV)

Sports, culture, fun
(events, restaurants, bars, etc.)

Education

(here you can add your rubric, for example, children, travels, etc.)

(here you can add your rubric)

(here you can add your rubric)



How important do you find following your own finances?
Do you think you could use this kind of tool to help
you follow the costs?



MY CREATIVITY



It is a fact that everyone is creative, we just might forget that. 98% of children at the age of 4 are super talented. At the end of primary school, only 2% of children are evaluated as still talented. What happened to us through these years? How talented do you find yourself?

Here is the challenge for you: write down as many ways of using an umbrella as possible.

1	18	35	52	69	86
2	19	36	53	70	87
3	20	37	54	71	88
4	21	38	55	72	89
5	22	39	56	73	90
6	23	40	57	74	91
7	24	41	58	75	92
8	25	42	59	76	93
9	26	43	60	77	94
10	27	44	61	78	95
11	28	45	62	79	96
12	29	46	63	80	97
13	30	47	64	81	98
14	31	48	65	82	99
15	32	49	66	83	100
16	33	50	67	84	
17	34	51	68	85	



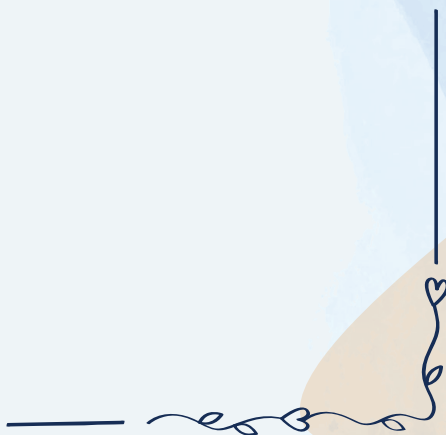
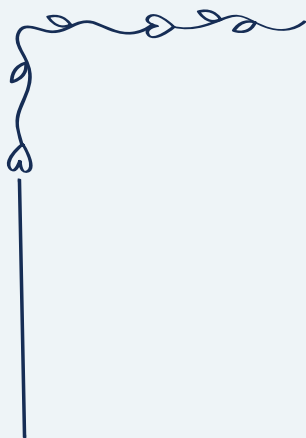
How creative do you think you are?
In which ways are you creative in everyday life?
How important is creativity for you?

IQ IS NOT THE ONLY INTELLIGENCE



The human mind is made up of different intelligences. According to H. Gardner, these are linguistic, mathematical-logical, visual-spatial, musical, interpersonal, and inner-personal, sense of nature and the existential center (<https://www.verywellmind.com/gardners-theory-of-multiple-intelligences-2795161>).

Slovenian author Karel Gržan defines them as rational, social, emotional, spiritual, intuitive, imaginative-creative, physical-movement, aesthetic and the intuition of irony (in the book "95 tez za izhod iz slepe ulice vzgoje in izobraževanja", 2019). Which intelligences do you think are your strong sides? Which one would you like to develop? Which one do you think is your weakest? You can take a pencil or crayons and draw the intelligences that you believe you can develop even more.



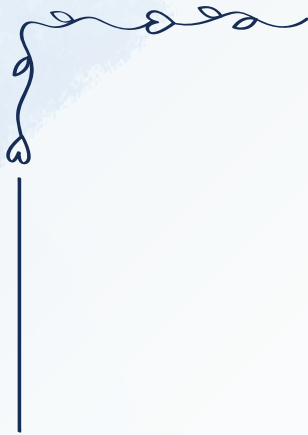
How do you think you can use different intelligences to support your personal growth and development, the development of the people around you, and your children?



INSPIRE YOURSELF



When was the last time you went to the cinema, saw a theater play, or an art exhibition, listened to a concert, or read an inspiring book? Where do you search for inspiration? Do you find it in nature, in the sky, in the clouds, in words, in children's play ... Close your eyes and think about everything that is or could inspire you. Write everything down and try to do one inspiring thing today.

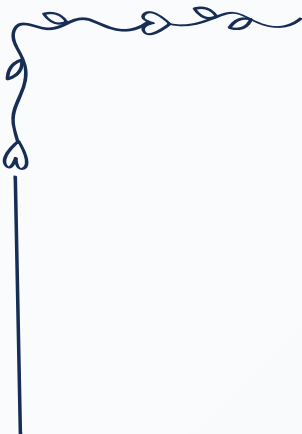


Is it possible for you to include one inspirational thing in your everyday life? What or who can support you on that?

DANCE WITH YOUR DRAGONS



According to the concept of dragon dreaming from the Dragon dreaming book (<https://dragondreaming.org/>), dragons represent our fears. It is so common for all of us to be and to usually stay in our comfort zone, where we know everyone, we know everything, we know how to behave, we know how to react. All of this gives us safety. But the learning process happens when we leave our comfort zone and we start to dance with our dragons, our fears. It is not always easy. We can also go too far and get into the panic zone, but challenging ourselves to step into the unknown zone can empower us to an extent we have never imagined, and it gives us strength and new skills. Draw a picture of what your dragon(s) look like and what fears it represents.



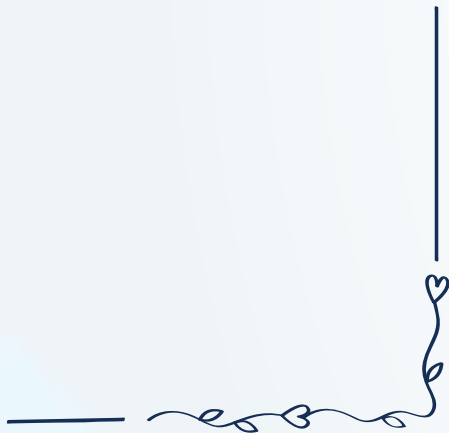
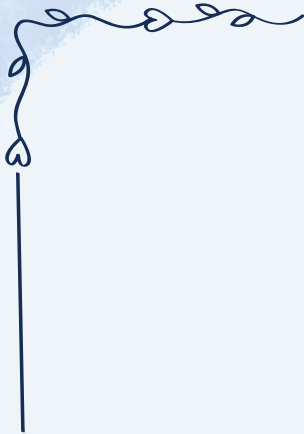
Which is/are your biggest fear(s)? Would you say your fears are blocking you from doing something that you wish or want? What do you think can happen if you do it anyway? What can be the worst outcome?



LOSING THE FEAR OF FAILURE



Fear is a feeling of apprehension or worry in response to a perceived threat. Fear is in our DNA and it is a natural response, it protects us from harm by preparing us to flee or fight. Fear of failure is a fear of not being able to achieve the desired outcome. It can lead to feelings of anxiety, insecurity, and self-doubt. How are you facing the failures? Make a list of your 5 failures and think about how you have overcome them. It is not about how many times we fail, the important thing is how many times we stand up again.



If the failures happened in the distant past, how do you see them from today's perspective?
What have you learned from failures?

LEADERSHIP



Every action, and every project needs a leader, someone who has an overview of the big picture and who follows steps or activities that need to be done to achieve the set goals.

A true leader does more than manage others. They enable the individuals on their team to reach their highest potential.

By being a true leader, you show others that you can inspire and motivate your team for the good of the organization.

What makes a leader a good leader? Which skills, or properties a leader has to have?



What does it take to become a good leader?

Do you know any examples of a good leader(s)?

Do you think there are any differences between men and women leaders?



ME AS A LEADER



Here is a list of some characteristics that a good leader should have. Read them and write down which parts you think you have and which you can still develop.

Helps others develop

Displays integrity

Values relationship

Holds themselves accountable

Shows honesty

Practices active and empathic listening

Promotes a vision

Displays courage



Do you see yourself as a leader?

Do you think you have what a good leader needs?

How often do you find yourself in leading roles and where?

MY LOCAL COMMUNITY



Take crayons or a pencil and make a picture of your local community how it is at this moment, and how you see it.



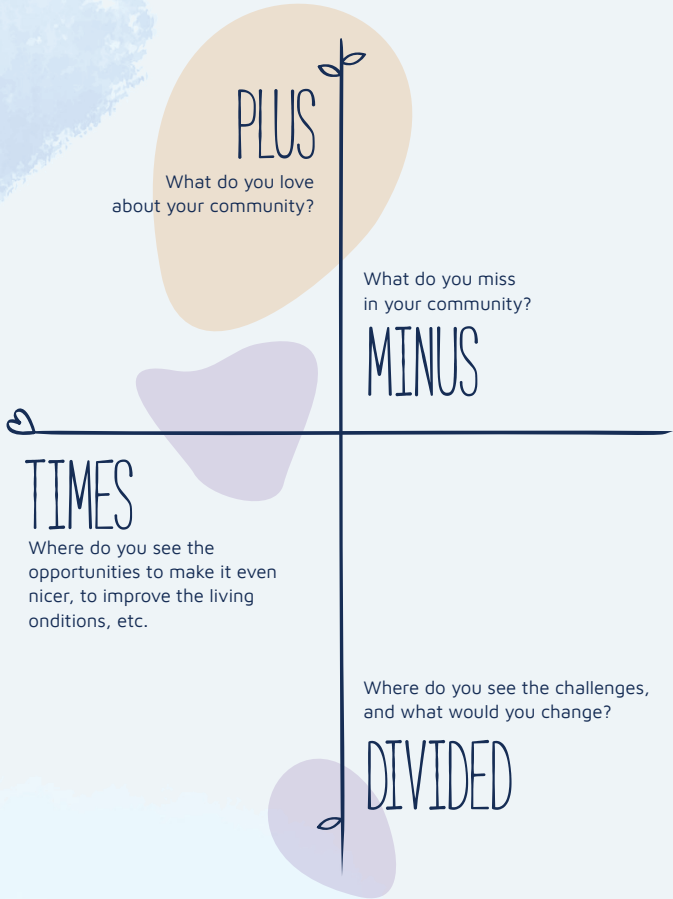
Which color(s) have you used?
Would you say your picture is full of life or does it look sad?



PLUS, MINUS, TIMES, DIVIDED



Think about your local community (your street, your quarter of the town, your village, your town). How do you feel living there? What do you love, what do you miss, where do you see opportunities and where do you see challenges? Write down the ideas.



Have you found any challenges/opportunities that you would like to change/work on? Are you willing to be the leader of changes in your local community? What could be your first step?

BECOME A CHANGEMAKER



Be the change you want to see in the world, said Gandhi once. Every big change starts with the first small step. If you look at your list in task #9, which challenge(s) would you like to address? If you think about how to start, what can be your first 5 steps? Write them down and just do it.

1

2

3

4

5



Is there anything holding you back to make the first step? Who are people who can support you on the way (who is crazy enough:)?





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SUSTAINABILITY



Do you know what sustainability is? When we are planning any activity, any project, or anything new it is very important to keep in mind all four important parts of sustainability - society, economy, environment, and culture.

When you will be planning the change in your local community ask yourself also these questions:

- How is my plan/idea impacting all four parts of sustainability?
- Which part of these four elements would suffer the most and which part of it would benefit the most?
- How can I adjust my idea so it will also address other parts that I find important?



How passionate are you about sustainability?
Do you often ask yourself how sustainably you live?
If you mark it from 1 - 5, 1 - What is sustainability?,
and 5 - Sustainability is my life - where are you :).



What is sustainability?



I heard about this once.



Ah, so so.



I care about sustainability.



Sustainability is my life. Where are you?



5R



Also while developing new ideas it is important to think about the resources and materials that we need and would like to use. If possible, try to follow the 5R concept:

REUSE
RECYCLE
REJECT
REPAIR
REDUCE

Think about what you can use that you already have or you can borrow from someone or get it second hand as well as how you will be able to use the materials when your idea will finish. What is possible to reuse, recycle, etc. Make some notes below:



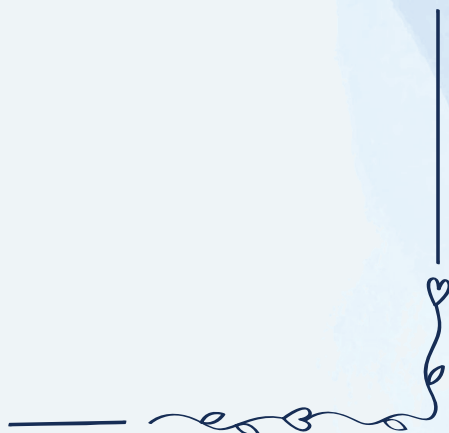
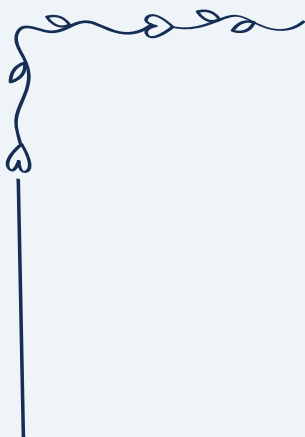
How easy or difficult is it for you to think about 5R in the development process?

HUMAN RIGHTS



Another important point of view when we are making any kind of project, action, campaign, or activity is to think about the people implementing it, our target group(s), especially if we work with marginalized groups, decision-makers, the local community where we are doing it. Why we find this topic important to consider is that people involved come from different social, cultural, and economic backgrounds, and as implementers, we have to keep that in mind. Before implementation, it is good to speak about the idea with different people and listen to their views, concerns, etc.

For the challenge(s) you have chosen in #10 think about what you need to be careful about.



How important do you find the topic of human rights in today's fast-changing world? Do you think you have challenges regarding human rights in your society? Which are those? Do you think women are more affected by violations of their rights?



BECOME THE CLIMATE CHANGE
AMBASSADOR WITH YOUR CHANGE/IDEA



Another point of view is nowadays so so important - our impact on global warming and climate change. They are here in front of our door and they are real. Think about how the change/idea that you would like to implement in your community affects global warming and climate change. Is there anything that you can include to make it more friendly to the climate?



How are climate changes affecting you?
How do you feel about the situation and what do you think
each of us can do to make things just a little bit better?



WHEN WAS THE LAST TIME ...?



When was the last time you did something for the first time?
When was the last time you did something for yourself?
When was the last time you did some things from the list below?

When was the last time ...

Task	Date
you pushed yourself to the limit of your strength?	
you did something out of fear?	
you did something out of love?	
you wore your rain boots and jumped or danced in the puddles?	
you were really proud of yourself?	
you had a perfect day?	
you planted a plant?	
you gained a new skill?	
you worked creatively with your hands?	
you felt really embarrassed?	
you did something nice for your friend?	
you spent the best amount of money for something?	
you took a walk in a forest and hugged a tree?	
you tried a new sport?	
you did something good for the local community?	



Have you achieved all the tasks in a year?
What was the easiest and what was the hardest to do?

CHALLENGE ACCEPTED!



Always act out of love and be open to new things, challenges and changes.

We challenge you to ...

Task

Date

write a postcard or a letter to your old friend.

travel alone to a place you have never visited before.

plant a tree and help reduce your carbon print.

read one of these books:

Atomic Habits by James Clear

Wonder by R. J. Palacio

Mutant message down under by Mario Morgan

Eat that Frog! by Brian Tracy try out a new recipe.

smile at five strangers that you meet on the street.

declutter your closet and donate clothes
you are no longer wearing.

buy a lottery ticket. You never know ;).

contact (send an email, a letter, etc.) a person that
you admire and that inspires you.

take a new way when you go to work.

try a 20-minute meditation that you can find on YouTube.

host a picnic for friends and/or your family.

take a Sunday off from all electronic devices.

make a small garden on your window shelf or your
balcony and grow your own food.

put music on and dance in your flat like crazy.



Have you achieved all the tasks in a year?

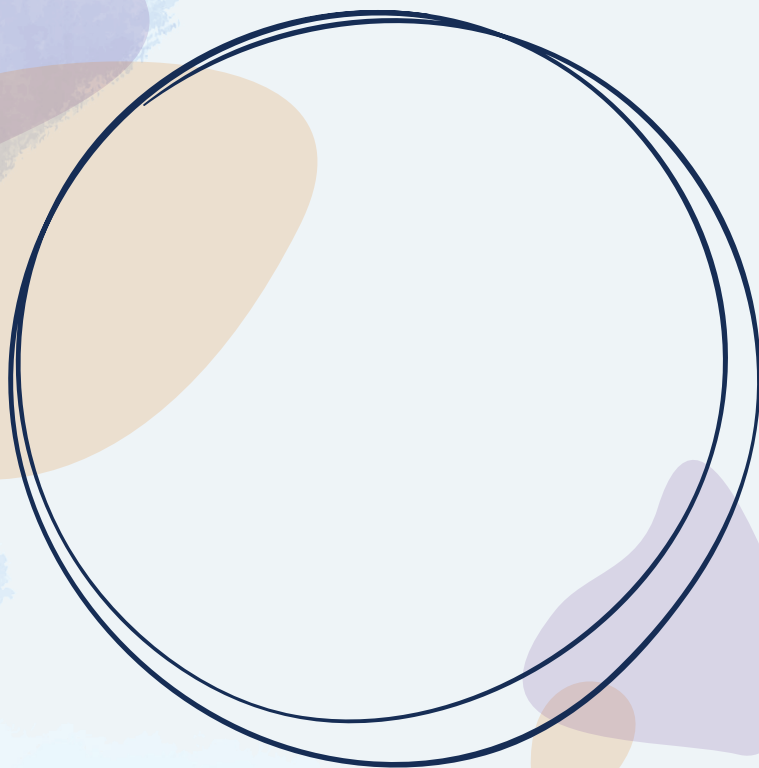
What was the easiest and what was the hardest to do?



MY USUAL DAY



How does your usual day look like? How do you spend the 24 hours given to you? Take a pencil or crayons and divide this circle by the hours and activities that you do in these hours.

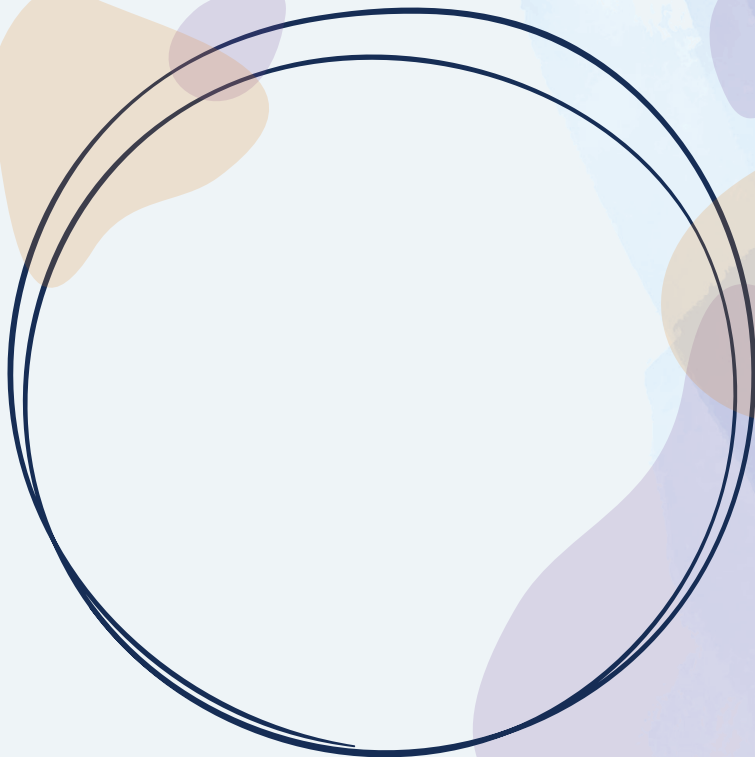


How much are you satisfied with your usual day?
Is there anything you would leave out and anything
that you would add to your usual day?

MY PERFECT DAY



How would your perfect day look like? How would you spend the 24 hours given to you? Take a pencil or crayons and divide this circle by the hours and activities that you would do in these hours.



If you compare your usual day with your perfect day what are the outcomes? How satisfied do you feel? Is there any space left in your usual day that you could change and add more things from your perfect day?



WHAT WOULD I SAY TO THE WORLD?



Imagine that you have a very successful YouTube channel and you make vlogs and hundreds and thousands of people are following you. What would be the 5 most important things you would want to say to the world? What would you like the world to be?

1

2

3

4

5



Why are these 5 things the most important for you to share?

IMAGINE ...



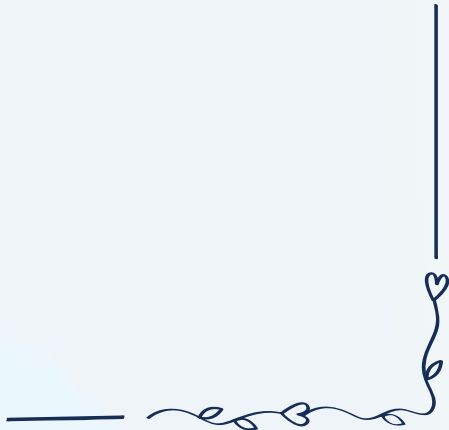
You know the wonderful Imagine by John Lennon, right? You can play it in the background and imagine how you would like to see the world for yourself, your loved ones, and future generations. Close your eyes and visualize the world how you want to see it. Draw a picture or write down words or symbols.



Does this process make you optimistic and happy or pessimistic and sad? Are you afraid of what the future might bring?



A decorative corner border in the top-left corner. It features a black line forming a heart shape at the corner, with a vine-like line extending along the top and left edges, adorned with small leaves. A light blue watercolor-style wash is behind the top part of the border.



66 • • • • •



AT THE END

You can.

Thank you for taking this journey with us. If you have any suggestions or comments about the journal and its future development, on which topics you would like to go deeper please, do not hesitate to share. Send it to **info@aspira.si**.



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