



>CREATE YOUR FUTURE / Description provided by: BEST Institut für berufsbezogene Weiterbildung und Personaltraining GmbH<

Brief description of the Activity

20 paths to happiness: This activity is designed to help young adults reflect on their current life situation and possible opportunities for planning their future. It aims at the empowerment of young adults to develop a more positive attitude towards caring for themselves.

Targeted Audience

Disadvantaged/low-qualified young adults

Practical Setting - Context of Activity

- ✓ **Labour Market**
- **School Environment**
- **Community Work**

Linked Stop of VALUE Roadmap (IO1)

- ✓ **Self-Management**
- **Think outside of the Box**
- **Can Do Mindset**
- **Enrichment**
- **Making it Happen**
- **Roadblocks**
- **Transition**

Type of Activity: Workshop (Indoor)

Other Information

🎯 **Purpose:** personal and occupational empowerment

🕒 **Time:** 90-120 min.

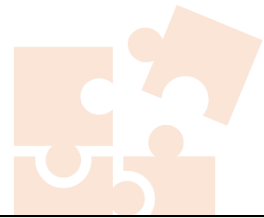
👥 **Group size:** 10 - 15 participants

↔️ **Required space:** course room, no specific requirements

✍ Extra advice for implementation:

If one of the participants has no answer, s/he can look at the charts with "terms for happiness" for inspiration.





Material: Sprint flying rings (3 colours), sheets, flipchart or white board



✓ **preparation:** Explanation of the activity rules (Example screenshot below shows rules presented as cards)



Chosen process for implementation:

1. The first step is a brainstorming about the significance of goals for one's future.
 - Ask "where is happiness?" and throw the rings to a participant, who catches it and says what comes to his / her mind about the topic.
 - Afterwards, s/he throws the ring to another participant, whose turn it is then to answer.
 - Repeat this 20 times.
 - Write the answers on the flipchart or white board.

2. In the second step, participants are asked to reflect on the collected answers and write on sheets which goals are important to them and why.
 - Highlight some of the notes made in step 1 .





Show Case - Mini Project

- Participants individually reflect on future scenarios, plans for their future and their “paths to happiness”. They are provided with some guiding questions to take with them, for example:
 - *What are your future (professional) goals?*
 - *What skills would you need to achieve these goals?*
 - *How could you involve other people to achieve your future goals?*
 - *Why can it be beneficial to take action to make efforts or even to take risks sometimes?*
 - *If your future plans don't work out as you imagined, what might you still have learned from this experience?*
3. In the last step, the findings of the group members are written on charts and attached to the wall. They shall serve as reminders of positive thinking to participants. Charts with 20 answers can be prepared, such as family/relations/prosperity/in touch with nature/healthiness.... The individual experiences and approaches to the results can then also be discussed in the plenum.

Message of the activity:

With this activity a reflection process on future plans is started, about why it is important to have goals in life and how to develop a positive attitude towards one's future. Emphasize that positive action is extremely helpful in difficult times, as it makes us feel more connected to our community and ourselves.

