

Journey through life

3 steps to the activity realisation



Step 1 – preparation phase

This exercise requires young adults to engage with their biography. Therefore, difficult emotions can arise more easily. It is important that you are aware of that and prepare yourself accordingly. Collecting any relevant information beforehand on the participant's current situation can be very helpful: What are their needs and concerns? Ensure that you are able to provide the necessary support during the exercise, helping to focus on positive moments in life. Lastly, prepare the material you need for Step 2.

Step 2 – activity phase

Firstly, introduce the exercise. Explain to them what biographic reflection means. Next, ask them to write down the following:

- ✓ 3 things/experiences that you are proud of
- ✓ 3 things/experiences that were difficult to overcome, but that fostered your self-development

They are also asked to write down or explain how they managed to achieve / overcome these things. You can adapt the following guiding questions according to your needs:

- ✓ Which inner resources / behavioural patterns helped you in achieving your goal?
- ✓ How did you manage to overcome this situation?
- ✓ How did these experiences contribute to becoming the person you are today?
- ✓ What skills and strengths did you develop because of what you have achieved / overcome?
- ✓ Which persons helped you along the way and how did they do so?
- ✓ Why do you think is it important to believe in yourself? What advice could you give to other young people?

Step 3 – wrap up phase

Take some minutes to reflect on the activity. What are their opinions on the value of the exercise? You can highlight that in times of turbulent emotions or whenever young people feel insecure, doing this exercise helps them keeping focused and assures them that we can rely on our inner strengths and resources. It helps to adopt a can-do mindset.



Type of activity:
Biographic reflection

Value of the activity:
Often times, we are overwhelmed by turbulent emotions, making us feel stressed and insecure. This exercise will help young people to stay centred by reflecting on their biography and challenging moments that they have successfully overcome.



Timing:
preparation: 10 min.
implementation: 40 min.
checking learning progress: 10 min.



Activity follow-up: Research biographies online or watch biographical interviews of famous/influential people/role-models.



Other value case box components: Material:
Flipchart
Pens
Worksheets
Exercise to be implemented in a trustful atmosphere.



Value quoted: