

SELF-INcubATIion cARds

The CLYP 'Self-Incubation' cards are a set of cards designed to help you discover and challenge yourself.

The aim of the cards is to help you develop your self-confidence so that you can make the most of the opportunities that will come your way.

The activities on the cards were designed by the CLYP team as personal activities. However, feel free to get creative and adapt them to use them as you wish.

The cards are also designed to be a key part of the 'Self-Confidence' Journeys, where youth workers and educators can use the cards as part of their associated journeys.

SELF-INcUBATIion CARds

The cards were developed within the *CLYP – Civic Lab for Young People* project (2024–2026), co-funded by the European Union under the Erasmus+ Programme (2023–2–IE01–KA220–YOU–000180842).

CLYP brought together organisations from five countries (Greece, Ireland, the Netherlands, Norway, and Romania), working with young people, educators, and communities to strengthen civic engagement and participation. The project was coordinated by **Atlantic Technological University (Ireland)**.



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SELF-INcUBATIion CARds

There are seven different topics to be explored using the cards and depending on what your individual goals are:

Self-Discovery:

Reflect on your journey so far and map out your path ahead.

Creativity and Problem-Solving:

Build your curiosity and get creative with your own ideas.

Self-Confidence:

Develop confidence in your day-to-day life.

Authentic Relationships:

Learn about the important relationships in your life and how they can help you succeed.

Emotional Balance:

Build the resilience you need to develop your skills.

Passions, Motivations and Interests:

Discover how to make the most of your passions, motivations and interests.

Me and the Community:

Learn what community means to you.

BLAST FROM THE PAST

Look back on all you have achieved!
What would your younger self say?

Take a moment to be proud of some of
your key achievements to date.
Reflect on how you reached these
achievements and understand what
strengths and skills helped you along
the way.

SELF-DISCOVERY



Detailed instructions:

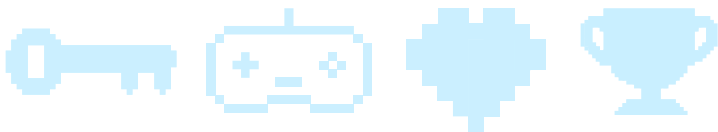
1. Find a photograph of yourself from at least 5 years ago.
2. Take some time to think about your younger self. Use these questions to guide you: What age were you? What were you doing in the photograph? What did you enjoy doing at that age? What was it about these things that you enjoyed doing? Do you still do these things? If yes, how have you improved? If no, what do you enjoy doing instead?
3. Use a notebook or a blank piece of paper to write down your answers to these questions and anything else that the photograph brings to mind.
4. If you were to tell your younger self about some of your key achievements since the photograph was taken what would these be? This can be anything that you are proud of, including something that took a lot of effort to do, something you had to learn, or improve a skill for, overcoming a challenge, or any personal goal that you have reached.
5. Either write a letter or record a video for your younger self telling them about these achievements and giving them three pieces of advice for the future.

SELF-DISCOVERY



PLAYER ONE

Imagine you are designing a virtual world. Choose your character's abilities and create your 'Player One'!



Design your best character and explore the world of work. Think about how you can level up your abilities and unlock new skills. Explore your strengths and assets in an imagined world.

SELF-DISCOVERY



Detailed instructions:

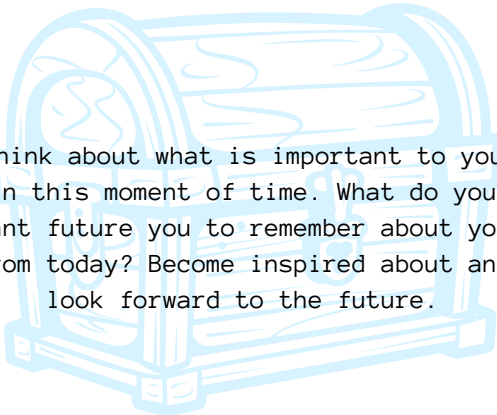
1. Choose how you are going to create your imaginary world. This could be digitally, if you have access to a laptop and the internet, using pictures and drawings if you have old newspapers, magazines and colours, or through creative writing with a pen and paper.
2. Where do you want to work when you are older? Start to picture that world. Do you work in an office or outside? By yourself or with a team? Draw, describe or create a digital picture collage to visualise that world.
3. Think about your 'Player One' that explores your imaginary world. What is their everyday life like? What do they wear to work? Draw, describe or use digital images to add your 'Player One' to your collage.
4. Think about and decide on three special abilities that your character has. These abilities are skills and strengths that will help them to level up and master their world of work.

SELF-DISCOVERY



THE TIME CAPSULE

Time-travel into the future!
Capture a memory to connect with
the you of tomorrow.



Think about what is important to you
in this moment of time. What do you
want future you to remember about you
from today? Become inspired about and
look forward to the future.

SELF-DISCOVERY



Detailed instructions:

1. Create a time capsule to send to your future self. There are a few things you can think about when putting this together. First, find a container to use. How are you going to decorate it? You can get creative by wrapping it in recent newspapers or magazines, or an old piece of clothing you no longer use.
2. Create and gather as many things as possible to put into the box. This could include a letter to your future self, a bucket list of things you want to do, recent photographs and a list of all of your favourite things. How many things did you manage to find? If you could only put three things into the time capsule which three things would they be and why?
3. Think about where you are going to store your time capsule. Make sure you make a note of where you put it! It is a good idea to let someone else know where. You could also schedule an email to be sent to yourself in the future to remind yourself of where you have put the time capsule.
4. How long do you want to hide your time capsule for? Think about what stage of life you would like to be at when you open it again.

SELF-DISCOVERY



THE WONDER WATCHER

Observe with curiosity and awe!

Make yourself comfortable.

Write down what you see, listen to, think and feel about the space and people around.

Enhance your observation skills and gain new insights.

**CREATIVITY & PROBLEM
SOLVING**



Detailed instructions:

1. Choose a comfortable spot to sit. It can be somewhere familiar you want to see differently, or a new place (e.g. school yard, park, bus stop, food court, museum, etc.).
2. Silence your notifications and put your phone away.
3. Observe and take notes in a notebook. Find something that catches your interest. Look, listen, and ask “how” and “why” about what’s happening around you. Switch your position occasionally – do you notice anything differently?
4. Afterwards, reflect and share at least three new insights or ideas you gained about the space or challenge.

**CREATIVITY & PROBLEM
SOLVING**



MAP OUT your iDEAs

Gain clarity or boost your
creative flow!

In the middle of a paper, write a topic
you are interested in or a problem you
want to solve.

Think of words and ideas, and quickly
write them down on a sheet of paper. Can
you connect them together?

Gain clarity on a topic and exercise your
imagination!

**CREATIVITY & PROBLEM
SOLVING**



Detailed instructions:

1. Grab a blank sheet of paper and write down something you are interested in, e.g., *make cool content to get people to care about climate change*. Draw a circle around it so it stands out.
2. Start branching out from that centre with anything that connects to it. Ask yourself, *What else can I add that belongs to this?* For example, you might write down “fun facts about the planet”, “before vs. after visuals”, or “collab with eco-creators”.
3. Are patterns and themes starting to emerge? If one of your ideas seems like it could lead to lots more, draw a bubble or box around it—it might become a whole new cluster.
4. Use each idea to spark more. Say, under “fun facts about the planet”, you add “did-you-know reels” or “quick climate myths busted.” Under “collab with eco-creators,” maybe you write “duet with activists” or “green challenges with friends.”
5. Keep going until your page is full or you feel you have run out of ideas. If you are still feeling creative, try switching up your central topic and map that out too. When you’re done, take a look at what stands out. Which ideas make you excited to start creating?

**CREATIVITY & PROBLEM
SOLVING**



SELL THESE APPLES

Train your creativity muscle!
Spark ideas and have fun!

Identify a passion or a hobby.

Create an advertisement to sell apples,
combining your passion or hobby with the
image of an apple.

Enhance your creativity and have fun using
your passion or hobby!

**CREATIVITY & PROBLEM
SOLVING**



Detailed instructions:

1. Imagine that you were hired to deliver an advertising campaign to sell more apples.
2. Identify a passion or hobby that could help you sell more apples.
3. Take some time to develop an advertisement for your campaign.
4. Here is some guidance about what is expected of your advertisement:
 - The advertisement should include a photo and a slogan/tagline.
 - You must use something about your passion/hobby to generate the idea for the advertisement.
 - You must feature at least one apple in your image.
5. Remember your final goal—sell more apples! Once you are done, reflect on how you leveraged some aspect of your passion or hobby to promote the apples.

**CREATIVITY & PROBLEM
SOLVING**



THE HABIT HACKER

Experiment! Tweak your routine and see what happens.

Welcome to the Habit Lab! Become someone who's not afraid to change their routine and experiment.

The rule here is simple: small change, big curiosity.

You'll test a new habit, observe the effects, and decide if it's a keeper.

Grab your notebook and prepare to run your experiment.

**CREATIVITY & PROBLEM
SOLVING**



Detailed instructions:

1. Choose one habit to try. Pick something small and specific that you want to change, add to, or explore in your daily life. Think of a habit that might spark creativity, or help you solve a little problem.

2. Write down your experiment:

“For the next 3 days, I’ll try _____.”

For example:

- *Go for a walk every day.*
- *Doodle something every evening.*
- *Replace scrolling on your phone with 10 minutes of reading.*
- *Learn a new word.*

3. Set your goal: Like every good experiment, guess what might happen.

“If I try this new habit, I think I’ll feel/notice/discover _____.”

4. Run the experiment. Do your habit each day for 3 days in a row. Each time, write down a few quick notes in your notebook or make a voicenote on your phone:

What did I do? How did it feel? Did anything surprise me?

Optional: give yourself a fun checkmark, sticker, or symbol each day to track your streak.

5. Reflect. After 3 days, look at your notes. Ask yourself: *Did I enjoy this? Will I keep it up? Will I try for a month?*

CREATIVITY & PROBLEM SOLVING



MOCK IT UP

Test out your ideas! Create content for your friends.

Use a quick sketch or draft to bring your content idea to life.

Create a mock social media post to test out your tone, flow, and message before you hit “publish.”

CREATIVITY & PROBLEM SOLVING



Detailed instructions:

1. Choose your platform and post style, like an Instagram reel or a story. Keep it rough–this is just a draft!
2. Write or sketch a mock post for a message like “Join the no-fast-fashion challenge.” Think about:
 - *Hook*: What grabs attention? Example: “Think your €5 T-shirt is a bargain? Think again.”
 - *Message*: What’s the main point? Example: “Fast fashion hurts people and the planet, so why not try thrifting, swapping, or styling what you already have?”
 - *Call to action*: Example: “Join the #NoFastFashionChallenge. Wear what you own, style it, and post your looks!”
3. Now get some feedback! Share your mock post with someone and ask them what they think:
 - I like... (what worked well?)*
 - I wish... (what could be better, clearer, or more fun?)*

**CREATIVITY & PROBLEM
SOLVING**



THE KeyMaSTeR



Find out what makes you, 'you'!

Tap into your unique talents and interests to find meaningful ways to grow. Seek inspiration from family, mentors, or peers who you look up to. Identify opportunities that would take you one step further.

SELF-CONFIDENCE



Detailed instructions:

1. Make a list of 10 things that you think you are good at or enjoy doing.
2. Identify the next step in getting better at that thing.
3. Identify someone who you think is at the next level.
4. Find out how you can make contact with them.
5. What do you want to find out? Write down a list of questions.
6. Think about how you can learn from them to improve.

SELF-CONFIDENCE



THE BUILDER

Use your strengths to build
a better world around you

Imagine someone younger than you asks you to teach them about your passion or hobby. Design a plan of action that will get them involved.

SELF-CONFIDENCE



Detailed instructions:

1. Imagine someone 3 years younger than you has approached you and wants to take up your passion or hobby.
2. Assume that they are 'newbies' and know nothing about your passion or hobby.
3. Decide how you are going to share your passion or hobby. You could record a video, use photos and instructions or write about your experiences.
4. Make a list of steps that they need to complete so that they don't lose interest.
5. What small steps can you encourage them to take towards building their new passion or hobby?

SELF-CONFIDENCE



THE TRAVELLER

Learning about yourself is a journey
and a process to enjoy

Identify peers with similar hobbies and
interests.

Contact them to build a friendship
group that encourages and sustains your
interest.

SELF-CONFIDENCE




Detailed instructions:

1. Identify peers with similar interests or hobbies to you. You can use the card 'Map Out Your Ideas' to help you identify interests and hobbies.
2. Do some research to see if there is a local club or team.
3. Find out when and where they meet and get in contact to ask if you can join.
4. If there is no club, why not create a social media post to see if anyone else is interested? You can use the card 'Mock it Up' to help you do this.

SELF-CONFIDENCE



THE MOUNTAINEER



There is no obstacle you cannot overcome

Use creativity and resourcefulness to work around obstacles. Figure out what keeps you motivated and excited. Focus on your own aspirations instead of other people's expectations.

SELF-CONFIDENCE



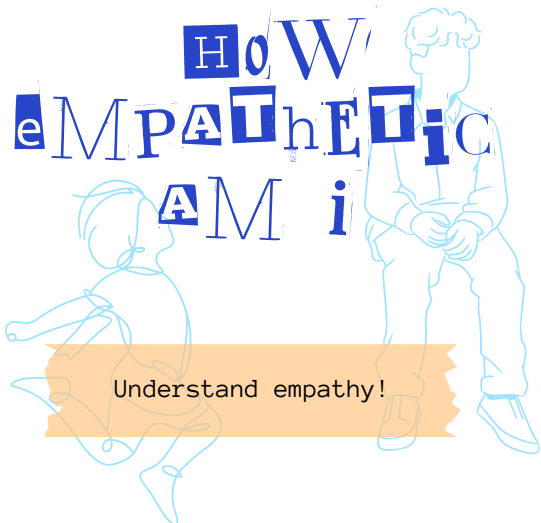
Detailed instructions:

1. Think about one thing you want to achieve in the next year.
2. Write down a list of your skills and experiences that can help you achieve this goal.
3. Write down other skills and achievements that could help, and how you could go about learning them.
4. Thinking positively, what would success look like to you?
5. *Who do you think could help you? How would you talk to them? What questions would you ask?*

SELF-CONFIDENCE



How emPAThEtic AM I



Understand empathy!

Being able to understand how others are feeling is a crucial part of our relationships.



**AUTHENTIC
RELATIONSHIPS**



Detailed instructions:

Take a moment to ask yourself the following questions:

- Do I genuinely listen when others speak, or do I focus on my response?
- Can I put myself in someone else's shoes and understand their emotions?
- Do I often feel affected by the emotions of those around me?
- Do I notice when someone is upset, even if they do not express it directly?
- Do I offer help to others when they are struggling?
- When someone behaves rudely or angrily, do I try to step into their shoes? Check out the card 'Managing Conflict'.
- Do people often come to me for support or advice?

**AUTHENTIC
RELATIONSHIPS**



How do i hANdLE

CONFLiCTs

Be confident in your journey!

You will work with lots of different people and they may not always share your opinions and views. This is a part of everyday life. How you handle this will go a long way in determining how successful you are in achieving your goals.

**AUTHENTIC
RELATIONSHIPS**



Detailed instructions:

The five skills of conflict management are

- Calmness: Staying calm
- Listening: Practising active listening
- 'I' statements: Use I statements to express feelings without placing blame
- Problem-solving: Brainstorm solutions together
- Seeking help when needed

In the following situations, what skill(s) do you think would be the best response?

- One of your peers disagrees with you on instructions you were given by a teacher.
- You are in a group project, and some people have not completed their work.
- A peer blames you unfairly in front of other friends.
- You argue with a close friend or family.

**AUTHENTIC
RELATIONSHIPS**



CAN I SET BOUNDARIES?

Take a moment to learn about setting boundaries and working towards your goals!

Setting boundaries is about understanding what you can and cannot do. The key to success lies in knowing the small steps that you can take.

**AUTHENTIC
RELATIONSHIPS**



Detailed instructions:

1. Identify a goal you want to achieve in the next year.
2. Create a to-do list of as many tasks as you can think of that will help you achieve your goal. These tasks should be SMART:
 - a. Be Specific
 - b. Be Measurable
 - c. Be Achievable
 - d. Be Realistic
 - e. Be Time-bound
3. Double-check your tasks and make sure they are all SMART. Don't worry if you miss some; you can always add these later.
4. Choose what task you should do first and rank the remaining tasks after this.
5. Keep asking yourself the following questions:
 - a. How much free time do you have in the day?
 - b. How much free time do you want to invest in your goals?
 - c. What tasks can you complete in that time?
6. Check back once a week on your progress. Adjust your tasks and goals if necessary.
7. Remember that you are in charge of your to-do list and are in control of your journey.

**AUTHENTIC
RELATIONSHIPS**



WHO DO I WANT TO BECOME?

Discover what success means to you!

Allow yourself to dream. Think about your life in the future and set yourself up for success.

EMOTIONAL BALANCE



Detailed instructions:

1. Get a blank piece of paper and a pen.
2. Divide the paper into three boxes.
3. In the first box, write down everything you would love to do in the next 12 months.
4. In the second box, write down everything you would love to do in the next 5 years.
5. In the third box, write down everything you would love to do in the next 10 years.
6. Take a moment to read over your three boxes.
7. Are there any connections between your goals? Draw a line to connect them if so.
8. If there are no lines, think about what you can add to the other boxes to create a line with that particular goal.
9. Take a moment to consider whether your goals are related to one area of your life, e.g., school or a career.
10. If so, what can you add to create goals in other parts of your life, such as relationships and healthy lifestyle?

EMOTIONAL BALANCE



DEVELOPING SELF-COMPASSION

Learning to take things one step at a time. Remember, Rome was not built in a day.

Reflect on a challenge, learn how to ask for feedback and use it to help you the next time you try the same task.

EMOTIONAL BALANCE



Detailed instructions:

1. Think of a past challenge where things did not go as you expected them to.
2. Write down what you expected to happen.
3. Write down what actually happened.
4. Why do you think there was a difference between the two?
5. Being as honest as you can, what do you think you could have done differently?
6. Plan to carry out the same or a similar task in the near future.
7. Think about how you can incorporate things you could have done last time when you do the task again.
8. After you have completed the task, reuse this card to keep improving and learning as you go.
9. Remember getting 1% better everyday is easier than trying to be 'the best' in one day.

EMOTIONAL BALANCE



CULTIVATING a New aBILITY

Put your strengths in action:
make the most of what you have,
develop new skills and abilities.

Try something new, reflect on the
skills needed, and use your
strengths to take small steps toward
improvement.

EMOTIONAL BALANCE



Detailed instructions:

1. Make a list of (1) your existing skills and abilities, (2) how you like to do things (e.g., by drawing, writing or playing games).
2. Choose something new that you would like to try.
3. Identify one skill or ability from your list that you think is needed for your new adventure.
4. List 3 new actions that will help you develop the ability you've chosen. See the card 'Setting boundaries' to help you with this.
5. Define a specific step you will take in the next week to move toward incorporating your chosen skill.
6. How will you reward yourself for a job well done?

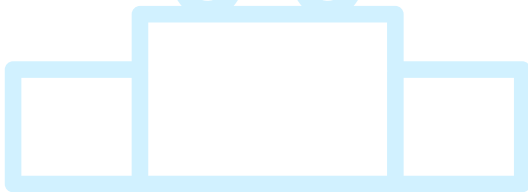
EMOTIONAL BALANCE



RoLE MoDEl

I want to be like “_____”.

They say imitation is the best form of flattery. Whose footsteps do you want to follow in?



PASSIONS, MOTIVATIONS
AND INTERESTS



Detailed instructions:

1. Think about someone you know who has done the things that you would like to do in the future.
2. On a piece of paper, write down as many of their skills and qualities that you can think of. You can even draw them if you wish.
3. Give concrete examples of where you have seen them using these skills and qualities.
4. Do you have any similar skills? Use the card 'Cultivating a New Ability' to help you.
5. How do you make it your own? How would you add your own personal touch to these skills?
6. Build a skills toolbox. Pick as many skills from your role model as you want.
7. Reuse the card with another figure in your life. Add any new skills to your toolbox and repeat!

PASSIONS, MOTIVATIONS
AND INTERESTS



SupE R h E Ro idE N T i T Y

Be the best friend you always
wanted to have.

A leader's true strength comes from
passion. This card will help you to
understand how you can lead others
in your day-to-day life.

PASSIONS, MOTIVATIONS
AND INTERESTS



Detailed instructions:

- 1.If you haven't done it already, you can use your results from the card 'The Builder' to help you here.
- 2.Find your leadership style:
 - a.Do you prefer to instruct people on how to do a task?
 - b.Do you prefer to show them how you can do something?
 - c.Do you prefer to give people advice to help them improve?
- 3.Remember to be kind, often people can be experiencing something for the first time or still learning how to do something.
- 4.Think of a challenge you overcame. What helped you through it?
- 5.How can you best support others to overcome their challenges?
- 6.How would you like people to describe you as a role model to them? e.g., patient, kind, supportive, welcoming, etc.
- 7.How can you become this role model in your day-to-day, for example:
 - a.High-five someone after a job well done.
 - b.Offer quiet words of praise.
 - c.Acknowledging all contributions.

PASSIONS, MOTIVATIONS
AND INTERESTS



The MIRROR OF ME

Who am I in my community?

Understanding who you are helps you understand the impact you have on others.

Take a moment to explore your identity, recognise what truly belongs to you, and discover how you want to show up in your community.

ME & MY COMMUNITY



Detailed instructions:

1. Look at yourself in a mirror or your phone camera. Ask: *How do I show up in my community?*
2. On a blank page, write “ME” in the centre and add branches for:
 - Values you bring to others
 - Roles you play in your community
 - Labels others give you
 - Skills you use to support people around you

While writing, use two colours:

- One for identity parts shaped by others
- One for the parts that feel truly yours

3. Create a new identity map using only what reflects who you choose to be in your community.

4. Reflect on: *How can you strengthen your authentic role in your community?*

Optional: Ask three trusted people to draw your identity map and compare it with yours. Observe what they value about your own identity’s contribution to the community.

THE RIPPLE EFFECT

See how your actions spread
and shape your community!

Your actions matter—more than you think. Even the smallest thing you do can create ripples that reach far beyond you. This activity helps you explore how you influence the people around you and how your choices can spark change in your community.

ME & MY COMMUNITY



Detailed instructions:

1. Fill a bowl with water and drop a small pebble into the centre.
 - Watch the ripples form and move outward.
 - Think about how one action can create an effect that spreads to others.
2. Take a blank sheet of paper and draw a set of circles expanding outward, like ripples. In the centre, write your name and add one value or action you bring to your community. In the next circles, write:
 - *How do you directly influence your family, friends, or close circle?*
 - *How do your actions affect your wider community?*
 - *What long-term impact could your actions have on society?*
3. Share your ripple maps with a close friend or a family member:
 - Talk about how individual actions connect to bigger change.
 - Get their feedback and thoughts, and challenge them to do their own ripple maps.
 - Think about small actions that, when combined, could have a positive impact.
4. Write or draw one personal commitment you want to make for your community in your own diary or on your visual board. Check on it regularly!

THE WEAVING WEB

Discover how you are connected
to others around you!

Communities are shaped by the
connections we make and the issues
we care about.

Take a moment to explore your
place in the community and how you
relate to a topic that is important
to you.

ME & MY COMMUNITY



Detailed instructions:

1. Choose a community topic that matters to you (e.g., mental health, the environment, bullying, public spaces, inclusion).
2. On a blank sheet of paper, draw a web and write your name in the centre. This represents your starting point in the community.
3. Add the people, groups, or places connected to this topic. On each line of the web, write someone or something linked to your topic (e.g., a friend group, a club, a teacher, a neighbour, an online space, a local organisation). Include anyone who plays a role, even in a small way, and as you might know them.
4. Next to each connection, write one way you are involved or affected by this topic.
5. Evaluate your role in each connection. Look at each connection on your web.
 - Circle the ones where you already take part, contribute, or stay informed.
 - Star the ones where you feel less involved, unsure, or would like to do more.
6. Choose one action to strengthen your community connection. Look at your marked web. Decide on one small step you could take related to your topic (e.g., asking a question, joining a group, sharing information, offering help, showing support).
7. Write this step at the bottom of your page as your commitment.