

*POCKET BOOK*

# Self-discovery

individual reflection and  
practical process



# Introduction

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The **Self-discovery pocket book** is part of learning tools for personal and professional development. The tools are made under the project “**ACHIEVE**” – innovative methods for training and development of youth workers (2016-2-BG01-KA205-023835) funded by European Erasmus + Programme.

This tool is designed to help you to increase your capacities through personal and professional development. It will lead your process of self-discovery, reflection and self evaluation. It is based on two groundbreaking approaches: **The Positive Psychology and the Ecocentric development**<sup>1</sup>. Both approaches have been tested and proved to be significantly beneficial for older and young people in various areas. They were proven to be supporting both the personal and professional development of individuals by making them feel competent, confident, self-aware, self-motivated, pro-social and active. Moreover, the impact of embracing these two approaches has been found to be astonishing especially in the area of learning achievements. These two approaches endorse a holistic method and a new perspective in addressing problems by strengthening the individual to feel good and do good.

The benefits of following the process described in this tool (by journaling, answering questions, reflecting and experiencing different practices) for you will be:

## 1. Personal impact

- 🕒 Development of soft skills: communication, active listening, analytical skills, creative thinking, learning to learn, coordination;
- 🕒 Development of positive attitudes: confidence, self-awareness, motivation, proactive and social involvement, active citizenship and participation, increased self-efficacy, grit, resilience etc.;
- 🕒 Increase in life-long learning and strive for continuous personal and professional development.

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<sup>1</sup> <https://learningforchange.net/knowledge-base/>



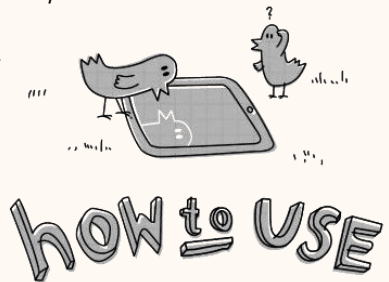
## 2. Professional impact

- ☉ Increase in professional capacities: planning and implementing innovative educational practices, and higher quality work.
- ☉ Better addressing the needs of the youth, thus increasing the efficiency and effectiveness of your work.
- ☉ Better career prospects and higher financial stability.
- ☉ New projects and ideas, at local and national level.

## How to use the Self-discovery process

*This tool is an invitation for you to explore in depth all four dimensions – body, mind, emotions and spirit. Through different practices and questions, it will lead you to a deep inner immersion, resulting in the clarity of “Who you are?” and “Where are you going?” Answers to these questions will help you to better understand yourself and to orient yourself in your professional future.*

*The Self-discovery pocket book contains two main tools that support personal/professional development:*



1. **Reflection questions** – by answering such, every person can evaluate or analyze different elements of their life situation. The questions here deal with two main aspects of our life – development and happiness, and facilitate their assessment in both personal and professional dimension.
2. **Practices to experience** – the ones suggested in this Pocket book originate from Psychology, Coaching, Sport, Spiritual traditions and other sources. They address the Developmental tasks that a person has to complete according to the Ecocentric developmental Wheel<sup>2</sup>. By experiencing such practices we support our physical, mental, emotional and spiritual development.

<sup>2</sup> Manual “On the Wings of the Ladybug – Inspiring Youth work through Ecocentric Development and Positive Psychology” - <https://learningforchange.net/knowledge-base/category/eco-centric-development/>



## Preparation for the Self-discovery

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You may need to get an additional notebook or a diary that will accompany your journey in case the space for journaling in this Pocket book is limiting you. It would be nice if this notebook is especially dedicated to your development. It doesn't have to be a fancy one, but we recommend you to spend 10 minutes for personalizing it. That means making it your own, adding visuals/quotes important to you or other elements. By personalizing it, you get prepared to embark your learning experience.

Once you have your notebook prepared, you may start the process. The process is divided in 10 sets of reflection questions for which you will be asked to take notes in here. The set of questions is then followed by a practice which we advise you to experience. Last, comes the reflection part, in which final questions are given in order to take the utmost of the previous part.

The process is self-paced which means you can take it at your own rhythm and deadlines do not exist.

*Enjoy every  
corner of it!*



## Suggestions

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*The process will follow the sequence of questions for self-reflection and suggestions for practices to experience. When you start your personal process keep up speed and pace that is comfortable for you and fits your work and arrangements.*

*Try to allocate time for following your process daily for 30 – 60 minutes. Divide this time between reflection and practices.*

*Choose a few practices and incorporate them in your daily routine for longer period. Start with 1-2 weeks and if you are not satisfied at the end of the period try another practice.*

*Keep record of your achievements and answers for future elaboration and comparison.*

*Always smile and keep the good mood, even if you are answering hard questions.*

*May the force  
be with you!*



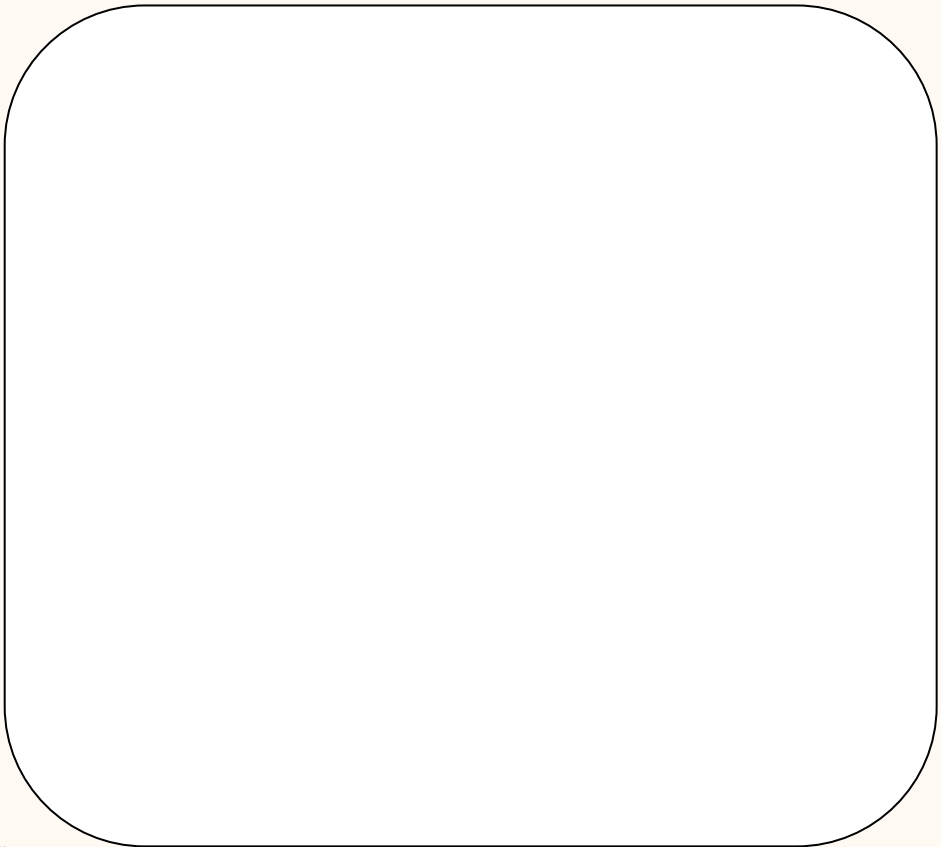
# Self-discovery

## Questions Set 1

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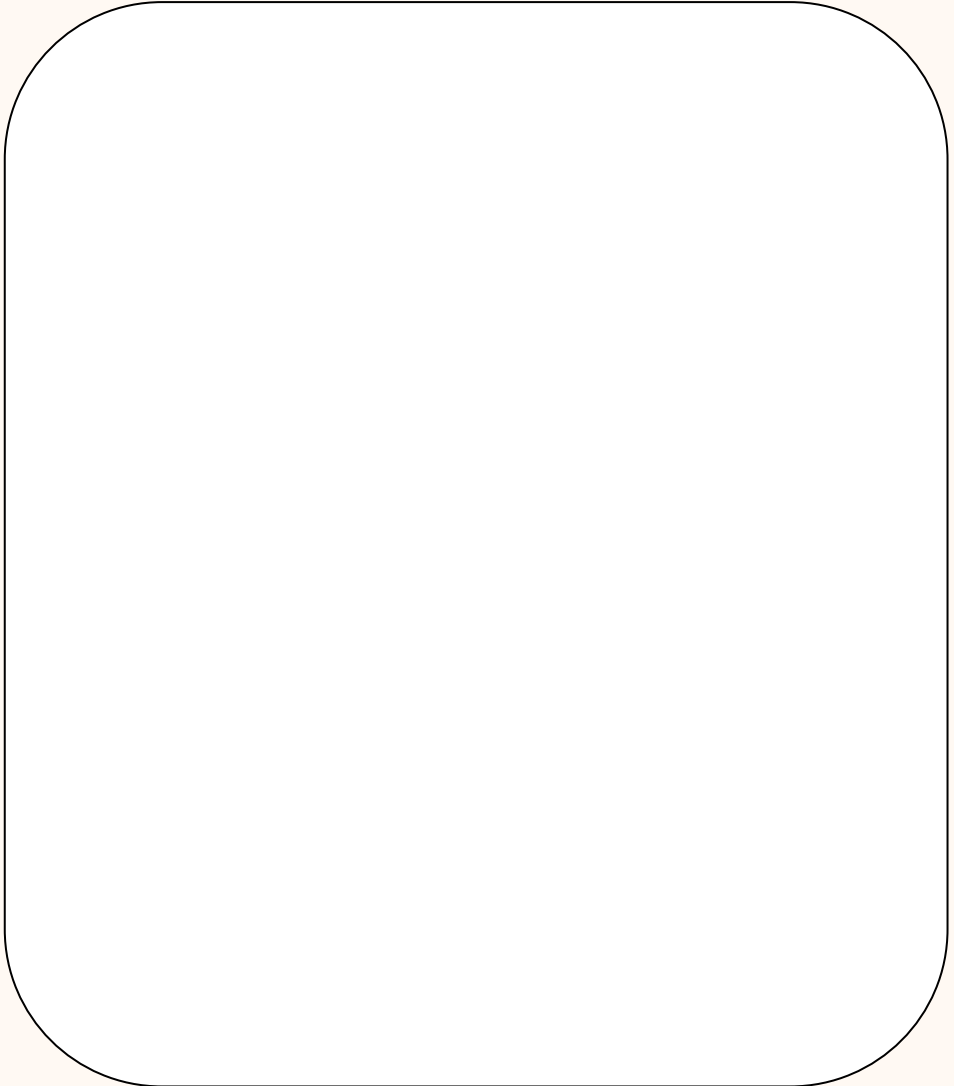
### How is your ordinary day?

*Describe a typical day of your life, from the moment you wake up to the moment you fall asleep. Write down what your daily habits, routines, rituals, activities are and how much time you allocate in each one of them. If on the weekends you have different activities, write take a note also about down. Once you finish the task, take a final look at what you wrote. Notice any insights you might have.*



## How would you describe an extra-ordinary, wonderful and innocent world?

*In your notebook, explain how an innocent world would look like. In an extra-ordinary, wonderful world, how would the people behave? How would the earth be? How would you be?*



## Practice - Nature Observation

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### Description

Haven't you got tired from all the monotony in your life, from the grey colour you see around you? Don't you feel the need for fresh air and oxygen? We bet you do! People are spending more and more time inside concrete walls, staring at screen. A simple act can help you feel better, is simply to observe nature. The ability to observe nature is an inherent human skill which, when developed provides a cure for nature-deficit disorder. You see, you feel, you listen, you smell and mostly you relax in the magical landscapes of the world. You look and you think, you breathe and you clear your mind, and that's it, you refill yourself with energy and fresh air.

### Put it in Practice

First of all stand up and prepare your things for some nature exposure. Prepare your meal if you are going to eat, wear something comfortable and you are ready to go. Do a small road trip, to the forest, to the river, to the beach, to a small village, anywhere you would like. You can either walk, or bike or if it's a long distance go by car. When you arrive at your destination, give yourself a couple of minutes to explore, to see around. Then, find a good spot, sit there relax and observe. Just that! Observe the beauty of nature activating all your senses.

### Suggestions

You need to stay seated in your observation point at least 20-30 minutes! While being there, let your senses be open and eavesdrop the nature. Some of the most mysterious things in nature happen when we look carefully, rather than rushing to our next point. Thus, be patient and let the nature amaze you with its details!

If you want, after 30 minutes have passed you can switch to another seating point for enriching your experience!

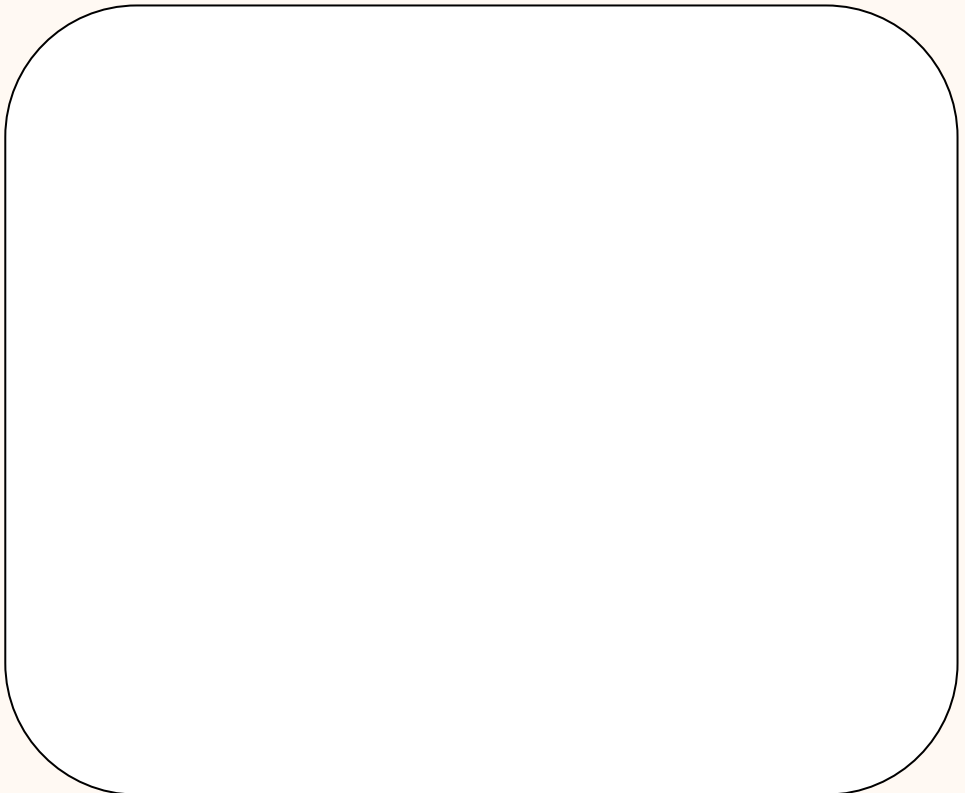




## Reflection

After you have finished your practice return back to your notebook and reflect on the following questions.

- ☉ What wonders of innocence have you observed during the nature observation?
- ☉ What have you gained from this practice? What benefits have you noticed on you?
- ☉ How frequently does nature observation appears in your weekly routine? Would you like to increase/decrease the amount of it on a weekly basis? How?

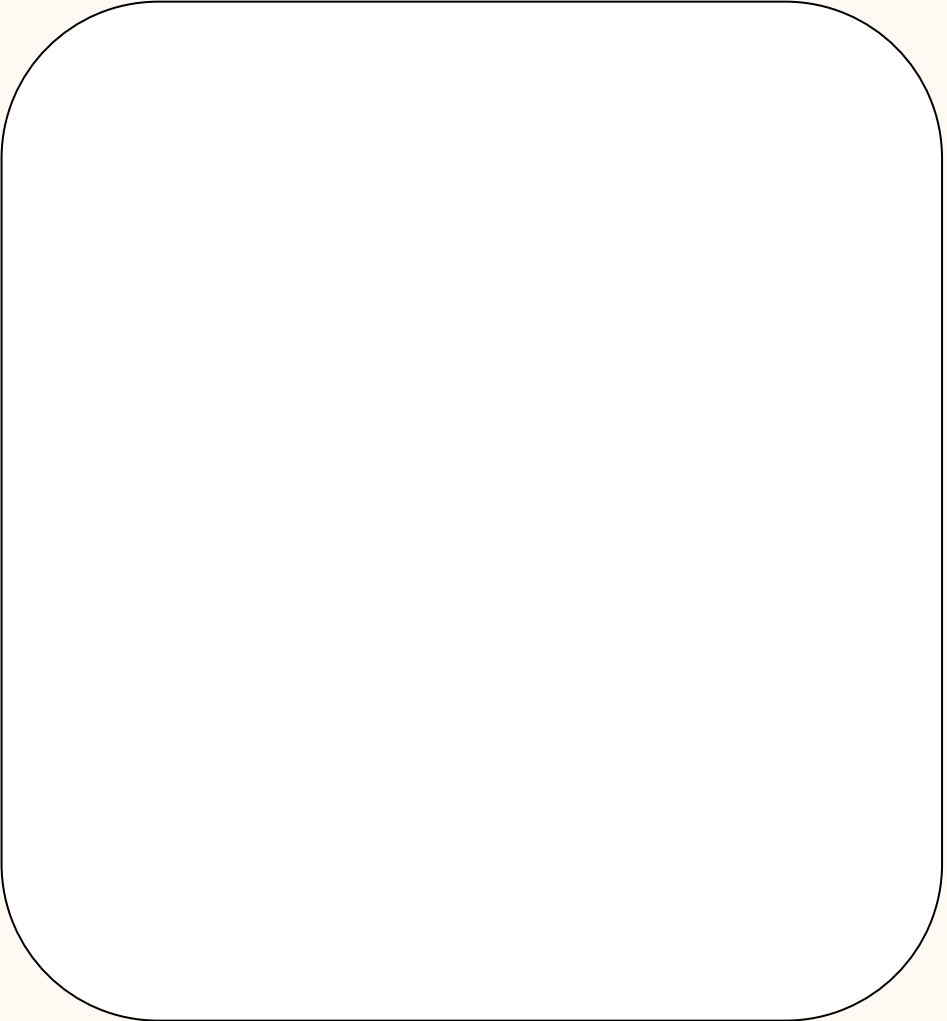


## Questions Set 2

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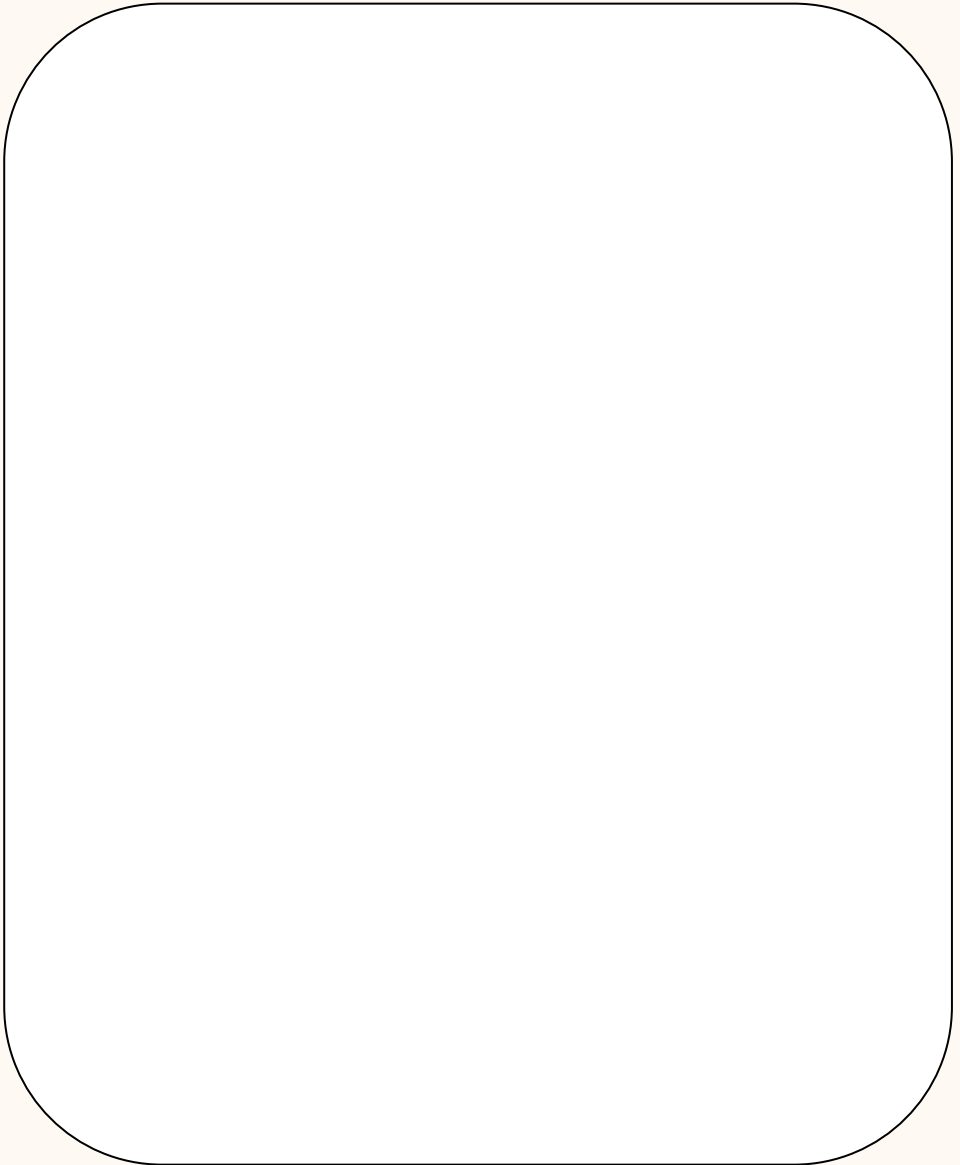
### How much joy do you have in your life?

*How often do you smile? How often do you laugh? What are the elements that add joy to your life? What are the elements that add excitement to your day? Take some time and reflect on them.*



## What do you want to explore further?

*What is the next thing you want to learn about? What are the places you still want to visit? What topics would you like to investigate? What is still there for you to try?*



## Practice - Do something new!

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### Description

You don't always need to partake in massive life altering experiences, around the world adventures or make drastic lifestyle changes to your routine to make a significant difference to your life. Although I'll never say no to an adventure, I'd like to think that long term change comes from your outlook on life. It's not necessarily where you are, but what you do with your time there. Change yourself from the inside first.

What I like about the whole 30 day challenge project is that you can make a massive difference to your life without having to spend loads of money, relocate or wait until the time is right. The majority of the 30 day challenge ideas I've listed here can be done anywhere — some of them for as little as five minutes a day.

### Suggestions

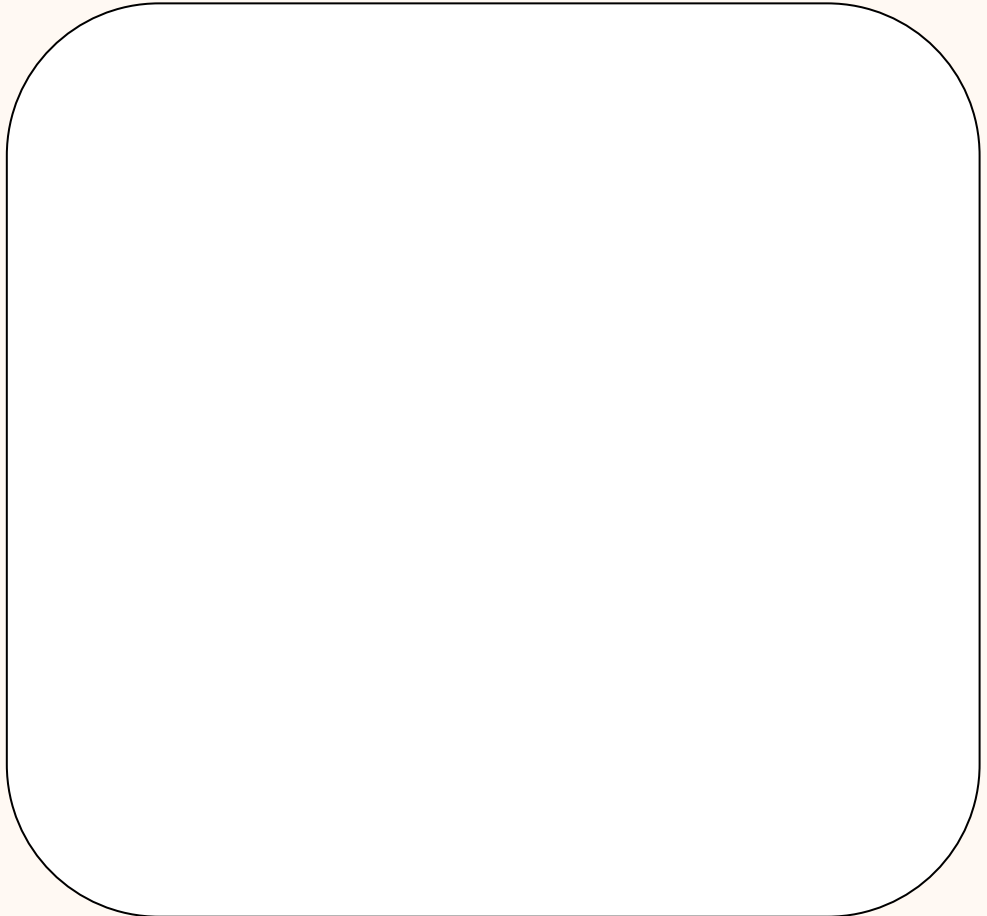
- 🕒 Look for other persons who would like to join you in your new adventure. You can set up a group of people and do together something new for 30 days in a row.
- 🕒 Besides doing something new every day you can also learn something new every day.



## Reflection

After you have finished your practice return back to your notebook and reflect on the following questions.

- 🌀 How was for you doing something new?
- 🌀 Observe how you felt before and after the practice. Where there any differences?
- 🌀 What was the benefit of this practice on you?
- 🌀 Did you have any relevant insights?

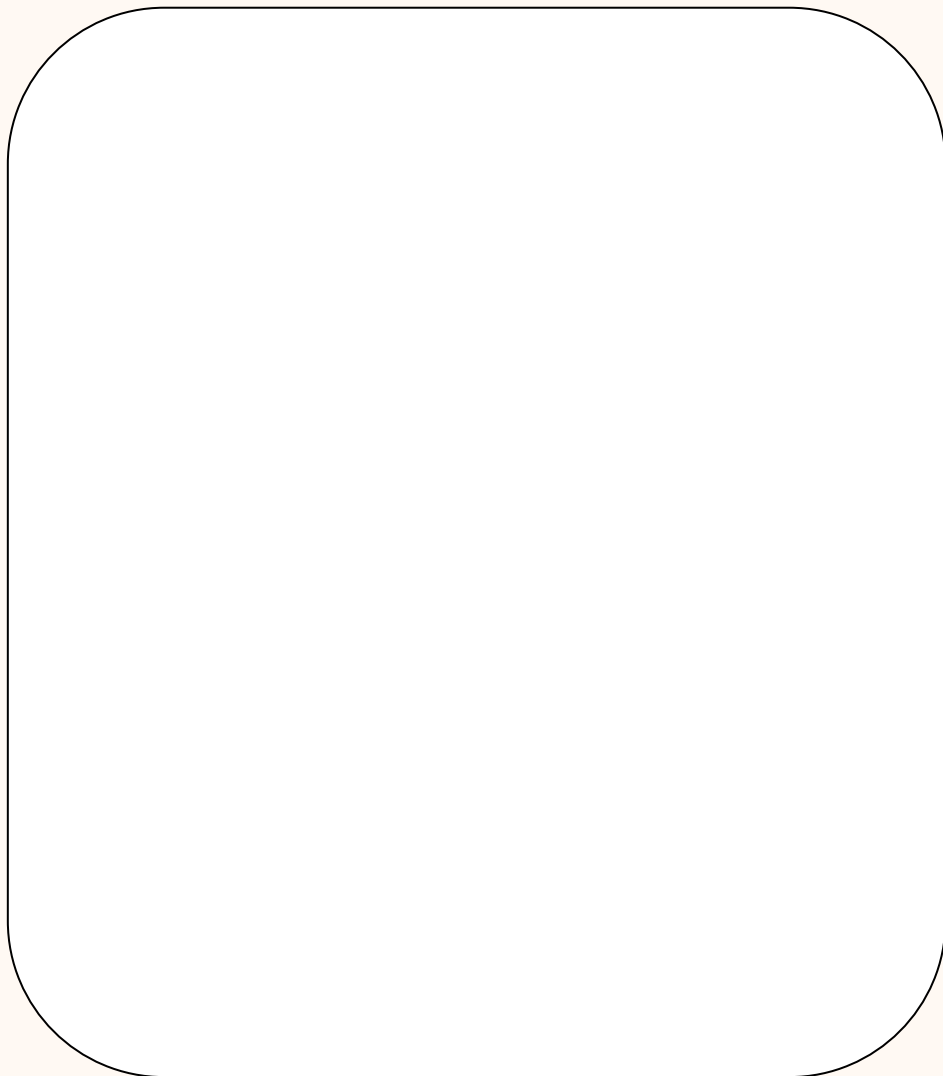


## Questions Set 3

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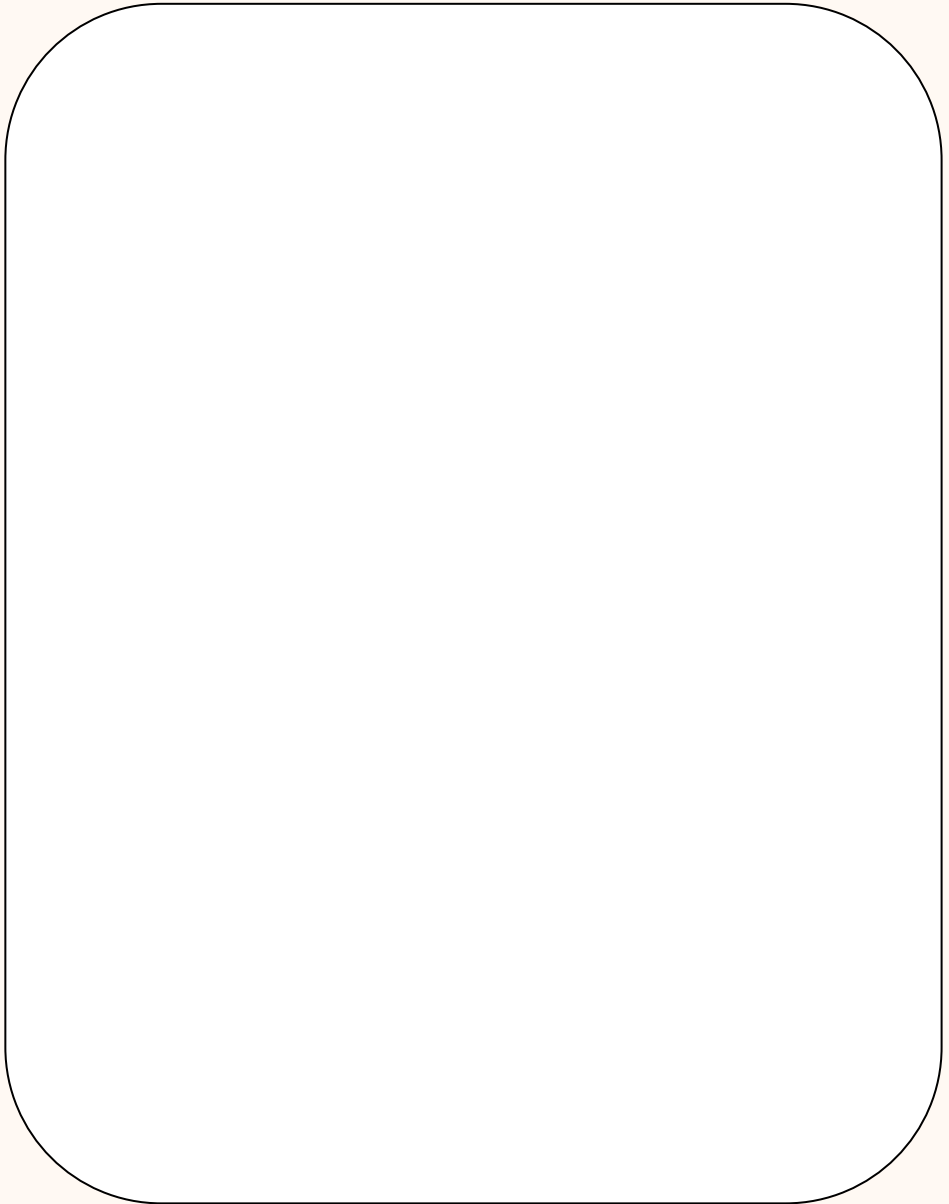
### Who are you?

*Really, who are you? What is your authentic self? Take a pencil and answer this question at least 30 times! Be honest to yourself, patient and open to embrace every aspect of you!*



## What is your relation with your close ones?

*Who are your closest people? What kind of relation you have with them? How do you treat them and how do they treat you? Why?*



## Practice - Positive affirmation to others

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### Description

Positive affirmations are a powerful way to bring positive energy into your life and can result in life-changing results in any area of your life. They are an important aspect of positive thinking and are critical to the development of a positive mental attitude. To give affirmation is to positively assert approval of someone or something. A positive affirmation is a statement of something positive about another person, said with utmost conviction, belief and emotion. Our affirmation can be given in recognition of a person's skills, personality, or actions. The problem is that a lot of times we assume that others know how much we appreciate them. Then we fall into the trap of expressing nothing meaningful about the value they add to our life. But it shouldn't be that way! Here are three reasons why we should consider giving affirmation to others.

#### **1. Giving affirmation to others changes our perspective**

Pointing out the negative isn't that hard. In fact, it comes quite naturally to many of us. Identifying the positive, however, requires effort. But when we commit to looking for the strengths and good attributes in others, we tend to find them. This shifts our attitude and perspective, and in time, helps us to develop a new habit.

#### **2. Giving affirmation to others helps build relationships**

Positive affirmation empowers others and strengthens self-esteem. Receiving affirmation also helps to increase their confidence, resulting in improved well-being and performance.





### 3. Giving affirmation makes way for constructive feedback

If you're known for giving affirmation, your criticism — if feedback — will be better received. People who ordinarily look for positives, afford themselves the privilege of offering negative feedback when needed.

#### Put it in Practice

As with feedback, how we give affirmation is worth giving some thought to, so here are some things to consider:

- 🕒 Overcome feeling awkward
- 🕒 Be clear on what you want to affirm
- 🕒 Choose an appropriate time
- 🕒 Start with a smile
- 🕒 Make it personal by using "You"
- 🕒 Give it in the present tense
- 🕒 Make it specific
- 🕒 Give supporting evidence
- 🕒 Put it in writing
- 🕒 If appropriate, make it public
- 🕒 Say it from the heart.

By making a daily practice of giving affirmation, you'll have a more positive outlook in life, be the kind of person others want to be around, and position yourself to be able to offer feedback that'll help others to be their best.

#### Suggestions

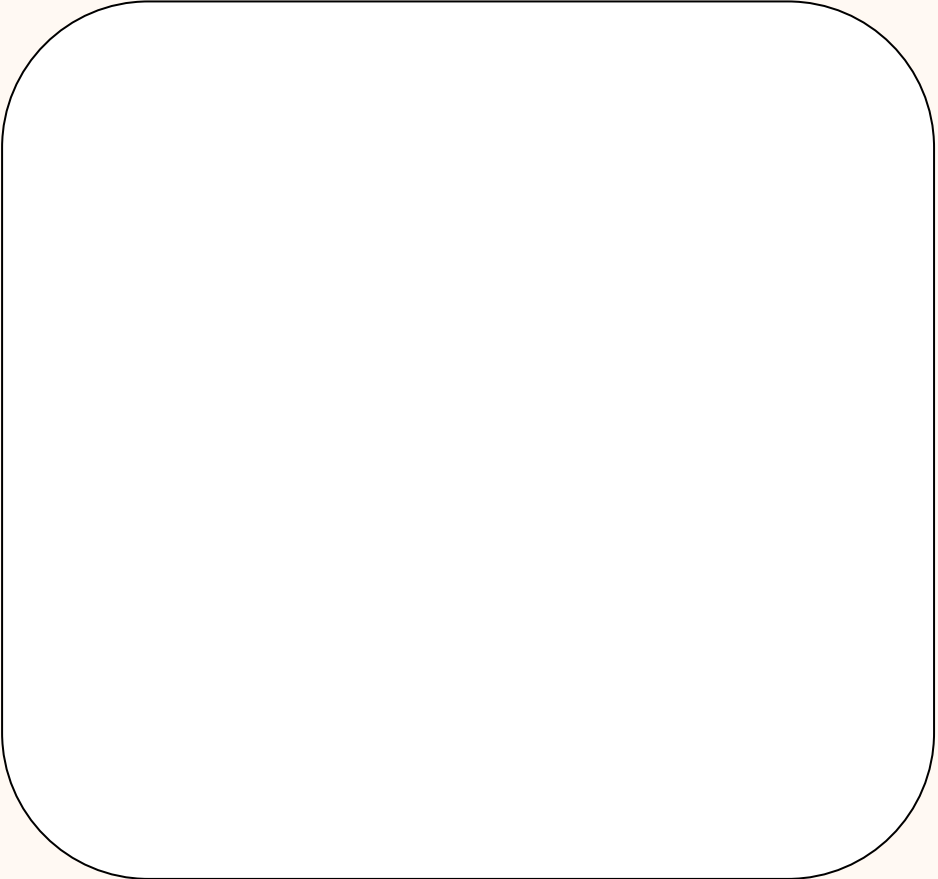
You may want to frame your positive affirmations with a special e-card. However, keep in mind that with this e-card you must focus on your positive affirmations to another person, not your wishes!



## Reflection

After you have finished your practice return back to your notebook and reflect on the following questions.

- 🕒 How was the reaction of the person you gave positive affirmations to?
- 🕒 What emotions/thoughts this reaction triggered in you?
- 🕒 Have you discovered something new about yourself? What?
- 🕒 Have you got any ideas on how to strengthen further your bonds with your closed ones?

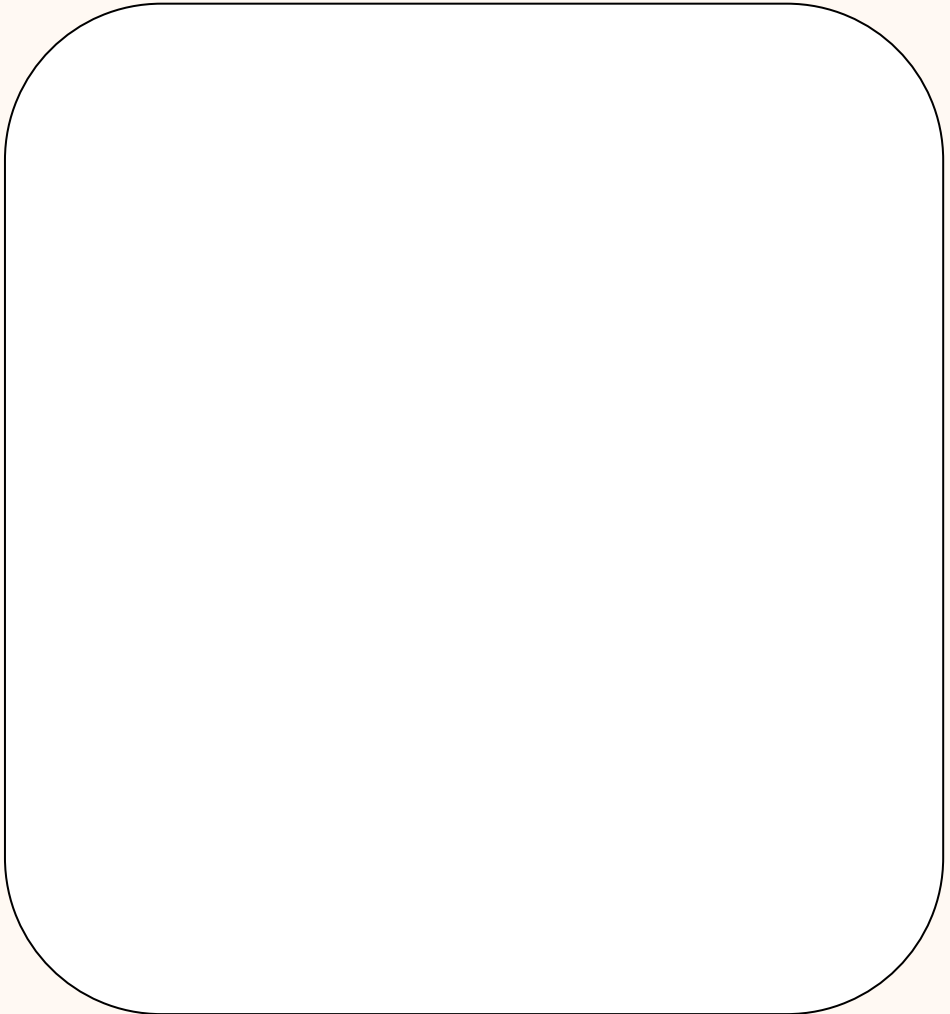


## Questions Set 4

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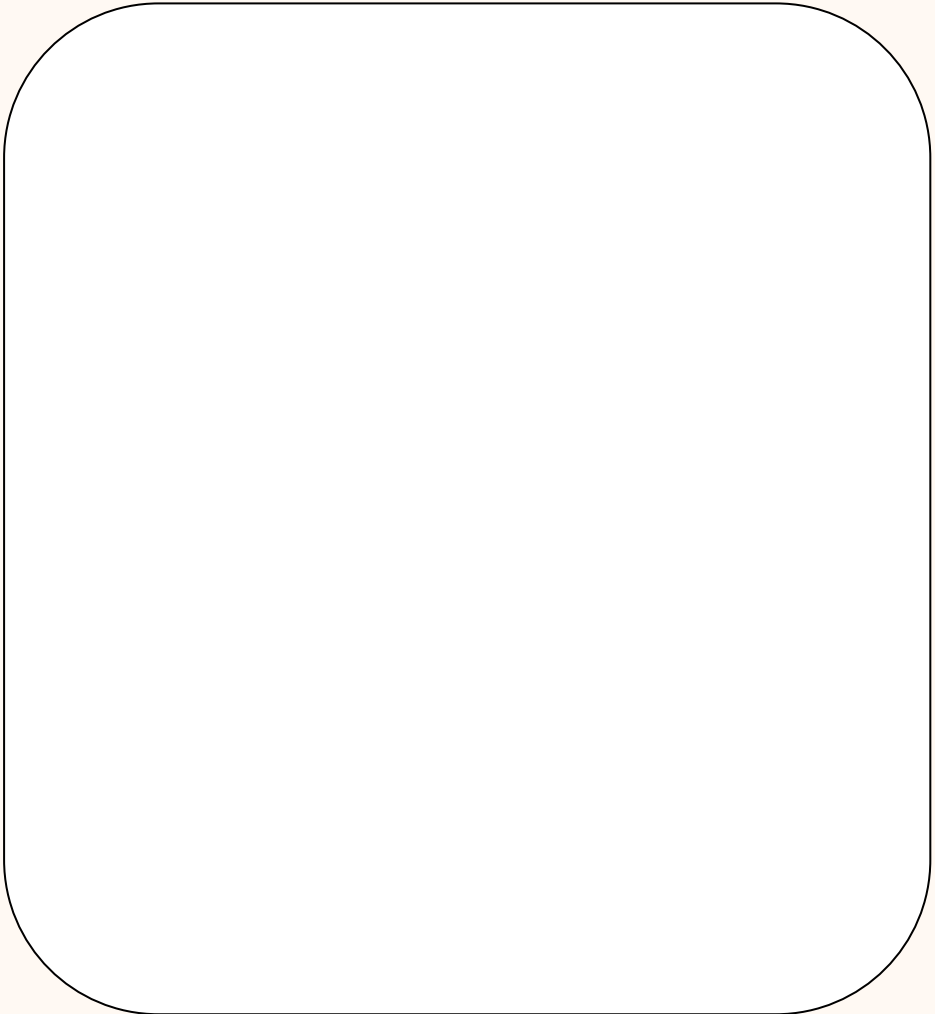
### What are your strengths?

*What are the strongest assets of your personality? This may include aspects from your physical, emotional, mental or spiritual dimension. Make a list of at least 20 of them! Keep going even if it is challenging!*



## What is the change you want to have but haven't dared yet?

*Once upon a time, there was a tiny thought that got into your head! A thought of a change you want to pursue. This thought has been growing over the time, it became strong and powerful and requests action from you! What is this change you want to make but have not dared yet? What keeps you delaying it?*



## Practice - Centering

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### Description

Centering is one of the simplest and most common forms of contemplative practice. The “center” refers to a relaxed yet focused state of mind. Centering practice is especially helpful in the midst of strong emotional states such as excitement or anxiety, and is often used by athletes, public speakers, actors, and anyone who wants to feel stable and prepared before a potentially stressful event.

Anything that helps you feel tranquil and aware can become your centering practice.

### Put it in practice

Common Centering Methods:

- ☉ Count numbers, such as counting down from 10 to dissipate anger
- ☉ Repeat a word or phrase, such as a prayer or affirmation
- ☉ Smile and relaxing your body
- ☉ Go for a walk; get out into a different environment
- ☉ Stretch
- ☉ Close your eyes and breathe deeply
- ☉ Concentrate on breathing, such as breathing out for a count of 8 and in for a count of 4
- ☉ Count your breaths
- ☉ Doodle or write
- ☉ Carry or place near yourself a visual reminder to stay centered, such as a quote or image
- ☉ Use sound to bring yourself back to your center. Periodically ring a bell, chime, or other gentle reminder.



## Suggestions

Persistence is an important aspect of centering practice. Purposefully centering yourself many times throughout the day, even when you are not feeling particularly emotional or in need of centering, will help to deepen your practice.

*After starting with Centering first then continue doing Yoga or another physical activity, better if it is something that you have not mastered yet, something that is quite CHALLENGING for you.*

## Practice - Yoga

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### Description

**Yoga** is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. There is a broad variety of yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism. Among the most well-known types of yoga are Hatha yoga and Rāja yoga.

The origins of yoga have been speculated to date back to pre-Vedic Indian traditions; it is mentioned in the Rigveda, but most likely developed around the sixth and fifth centuries BCE, in ancient India's ascetic and śramana movements. The chronology of earliest texts describing yoga-practices is unclear, varyingly credited to Hindu Upanishads. The Yoga Sutras of Patanjali date from the first half of the 1st millennium CE, but only gained prominence in the West in the 20th century. Hatha yoga texts emerged around the 11th century with origins in tantra.



Most of us are accustomed to looking outside of ourselves for fulfillment. We are living in a world that conditions us to believe that outer attainments can give us what we want. Yet again and again our experiences show us that nothing external can completely fulfill the deep longing within for “something more.” Most of the time, however, we find ourselves striving toward that which always seems to lie just beyond our reach. We are caught up in doing rather than being,

in action rather than awareness. It is hard for us to picture a state of complete calmness and repose in which thoughts and feelings cease to dance in perpetual motion. Yet it is through such a state of quietude that we can touch a level of joy and understanding impossible to achieve otherwise.

It is said in the Bible: “Be still and know that I am God.” In these few words lies the key to the science of Yoga. This ancient spiritual science offers a direct means of stilling the natural turbulence of thoughts and restlessness of body that prevent us from knowing what we really are.

Ordinarily our awareness and energies are directed outward, to the things of this world, which we perceive through the limited instruments of our five senses. Because human reason has to rely upon the partial and often deceptive data supplied by the physical senses, we must learn to tap deeper and more subtle levels of awareness if we would solve the enigmas of life — Who am I? Why am I here? How do I realize Truth?

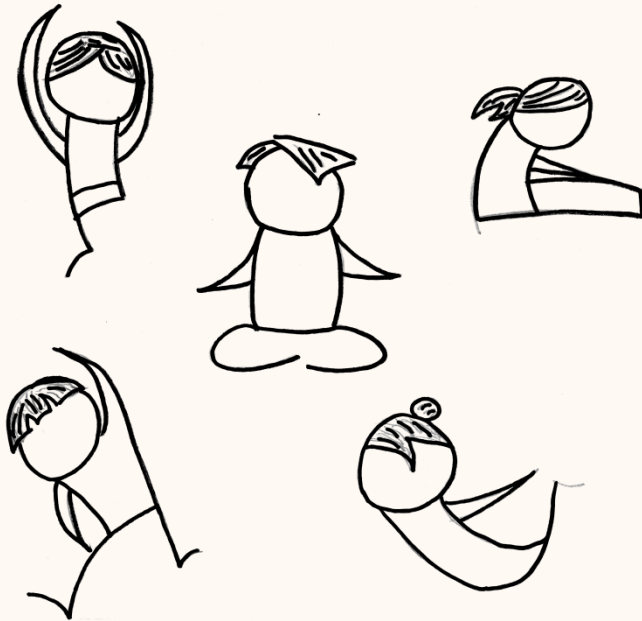
Yoga is a simple process of reversing the ordinary outward flow of energy and consciousness so that the mind becomes a dynamic center of direct perception no longer dependent upon the fallible senses but capable of actually experiencing Truth.



By practicing the step-by-step methods of Yoga taking nothing for granted on emotional grounds or through blind faith we come to know our oneness with the Infinite Intelligence, Power, and Joy which gives life to all and which is the essence of our own Self.

## Suggestions

Before start with practicing please learn more about basic principles of exercising Yoga (alone or in group). We recommend if you do not have previous experience to try first with certified teacher and follow their advice.





## BASIC YOGA ASANAS



Mountain  
*Tadasana*



Half Moon  
*Ardha Chandrasana*



Standing Back Bend  
*Anuvrittasana*



Standing Forward Bend  
*Uttanasana*



Triangle  
*Trikonasana*



Warrior 1  
*Virabhadrasana 1*



Warrior 2  
*Virabhadrasana 2*



Dancer  
*Natarajasana*



Standing Spinal Twist  
*Sama Matsyendrasana*



Boat  
*Navasana*



Child  
*Garbhasana*



Half Locust  
*Ardha Shalabhasana*



Locust  
*Shalabhasana*



Cobra  
*Bhujangasana*



Downward Dog  
*Adho Mukha Shvanasana*



Symbol of Yoga  
*Yoga Mudra*



Bound Angle  
*Baddha Konasana*



Head to Knee  
*Janu Shirshasana*



Seated Spinal Twist  
*Matsyendrasana*



Posterior Stretch  
*Pashchimottasana*



Bridge  
*Setu Bandhasana*



Half Knee-to-Chest Pose  
*Ardha Pavanauktasana*



Knee to Chest Pose  
*Pavanauktasana*



Half Shoulderstand  
*Ardha Sarvangasana*



Fish  
*Matsyasana*



Supine Spinal Twist  
*Supta Matsyendrasana*



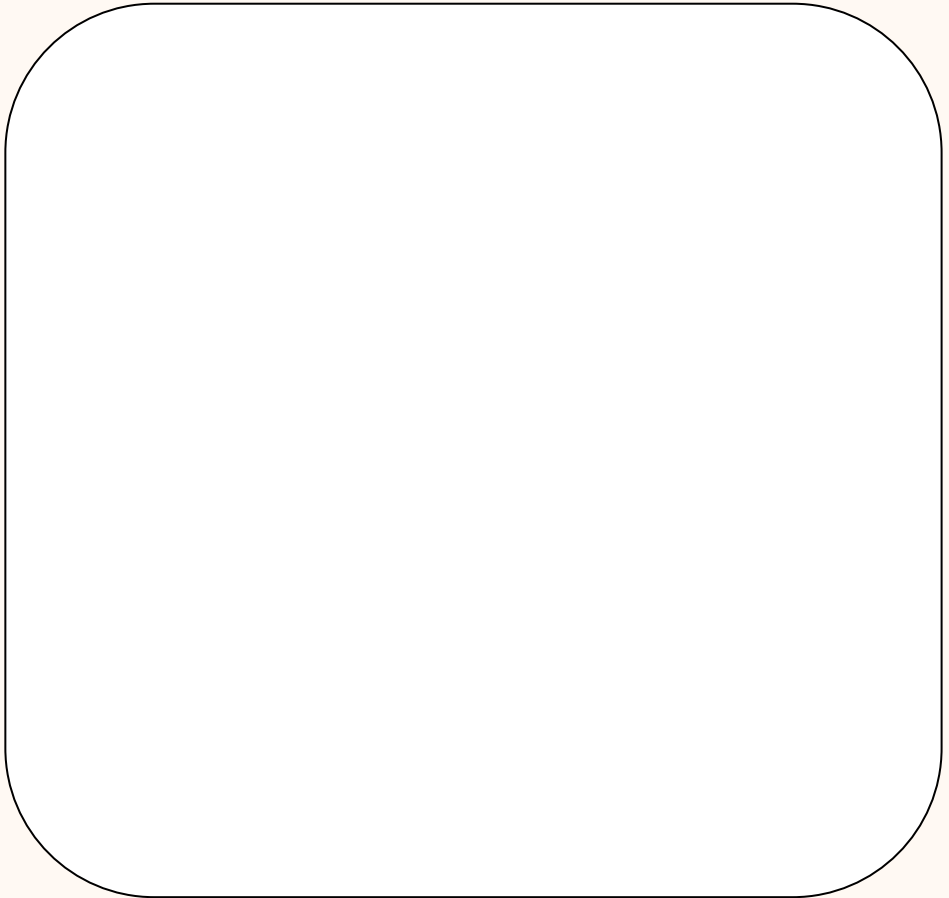
Corpse  
*Shavasana*



## Reflection

After you have finished your practice return back to your notebook and reflect on the following questions.

- ☯ How challenging was the physical activity for you?
- ☯ How did the centering help you achieve the physical activity?
- ☯ Which of your strength helped you to achieve the physical activity you had?
- ☯ Which of your strength will help you to pursue the change you want to dare?

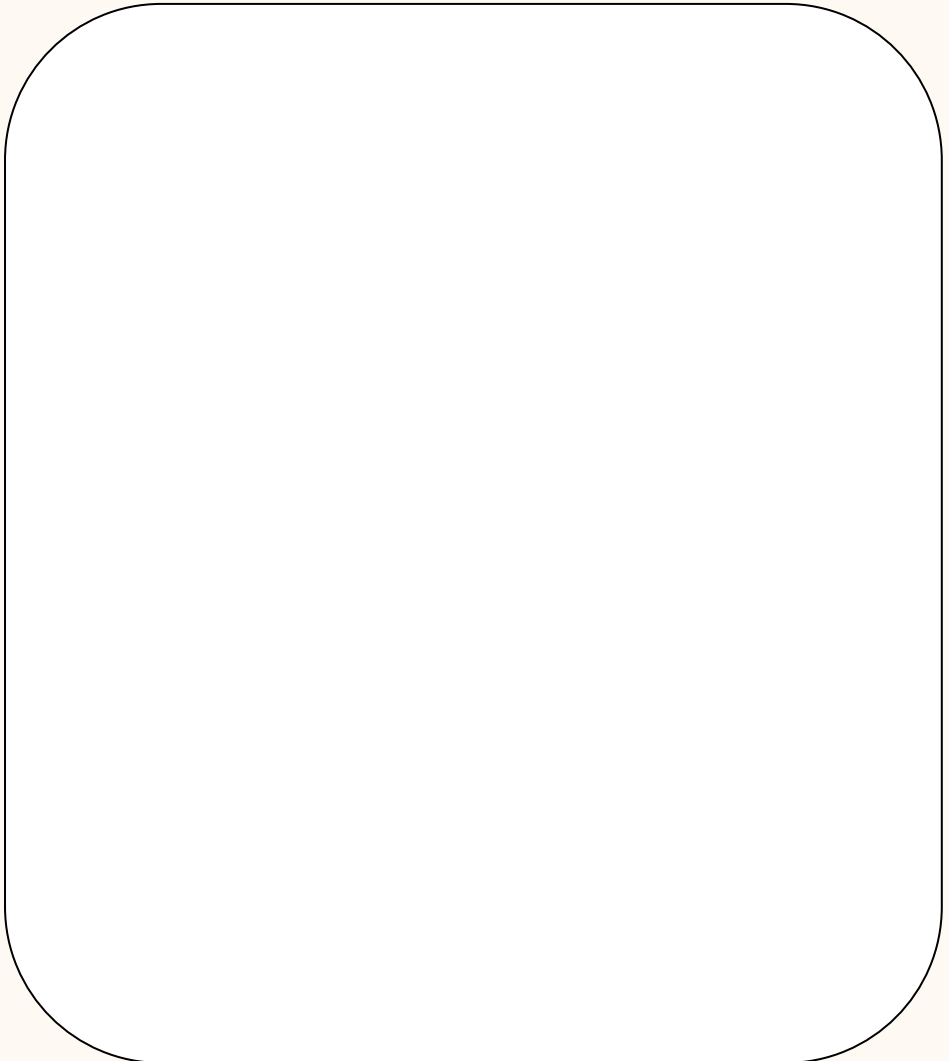


## Questions Set 5

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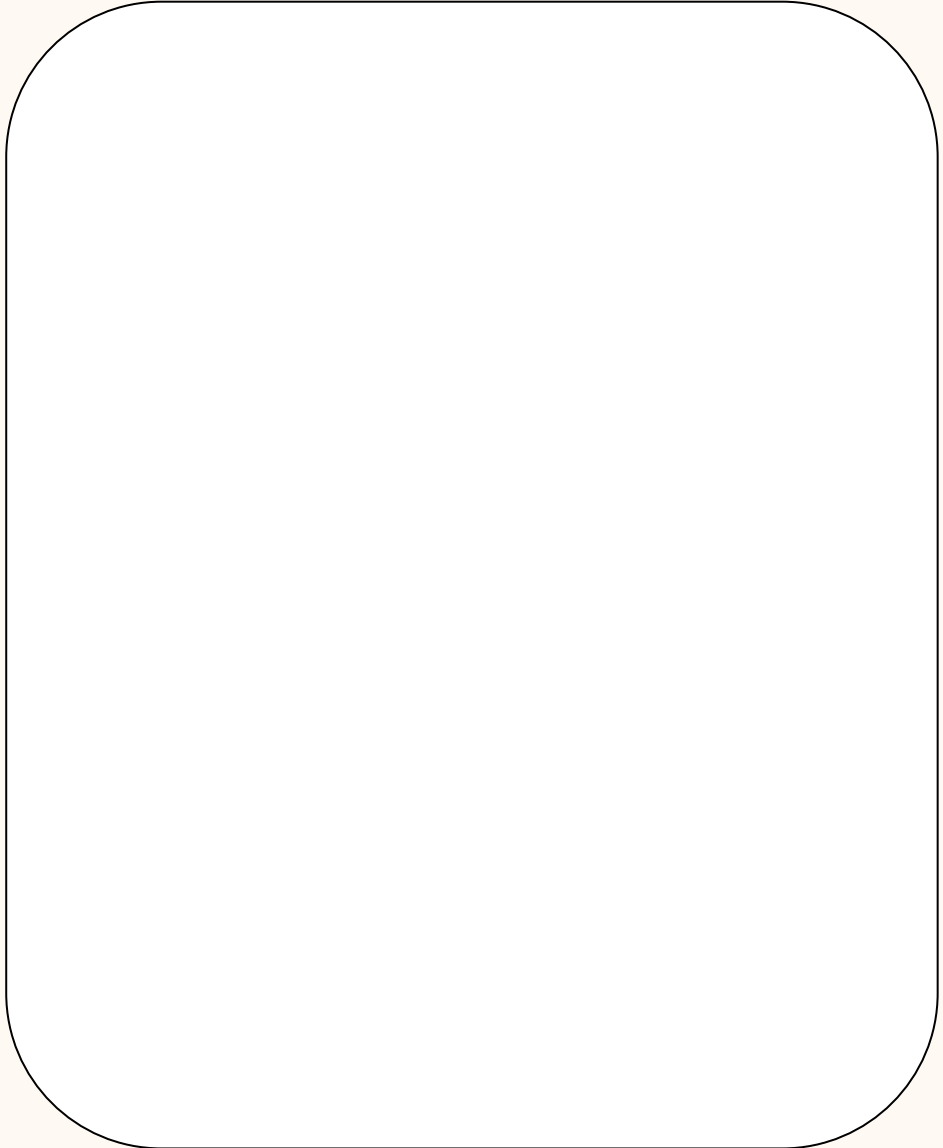
### How much do you trust life?

*Do you think that life is malign (harmful to you), benign (helpful to you) or indifferent? What makes you think so?*



## How grateful are you?

*Bring in your attention everything you have, everything you can do and everything that you are? How thankful are you about these gifts? How do you express your gratitude and how frequently?*



## Practice - Meditation

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### Description

Meditation is a practice where an individual operates or trains the mind or induces a mode of consciousness, either to realize some benefit or for the mind to simply acknowledge its content without becoming identified with that content, or as an end in itself.

The term meditation refers to a broad variety of practices that includes techniques designed to promote relaxation, build internal energy or life force (qi, ki, prana, etc.) and develop compassion, love, patience, generosity, and forgiveness. A particularly ambitious form of meditation aims at effortlessly sustained single-pointed concentration meant to enable its practitioner to enjoy an indestructible sense of well-being while engaging in any life activity.

Meditation often involves an internal effort to self-regulate the mind in some way. Meditation is often used to clear the mind and ease many health concerns, such as high blood pressure, depression, and anxiety. It may be done sitting, or in an active way—for instance, Buddhist monks involve awareness in their day-to-day activities as a form of mind-training. Prayer beads or other ritual objects are commonly used during meditation in order to keep track of or remind the practitioner about some aspect of that training.



## Put it in practice

1. *Get comfortable.* Open the timer on your phone, and get into an upright and comfortable posture. Dim the lights a bit, or shut them off completely to help you focus better.
2. *Start your timer.*
3. *Bring your attention/focus to your breath.* This is what meditation is all about, and this is what makes meditation both difficult and worthwhile. In this third step, close your mouth and focus entirely on your breath as it enters and leaves your nose. You can focus on any element of your breath that you want – from how the air feels as it enters and exists your nose, to how the air feels as you inflate and deflate your lungs, to the sensation under your nose as you breathe in and out, to the sound you make as you breathe. Don't force your breathing here – just breathe naturally and observe your breath without thinking too much about it.
4. *Don't think.* This is the hard part. Don't analyze your breath; just bring your attention and focus to your breath, without thinking about it or analyzing it.
5. *Bring your attention back to your mind when it wanders.* And it will. When your mind wanders, and it will, gently bring your attention back to your breath once you realize that your mind has wandered. You may not clue in at first that your mind has started thinking again, but when you do, gently bring your attention back. Don't be hard on yourself during this stage. Just gently bring your attention back.
6. *Again, bring your mind back when it wanders.* When your mind begins to think, gently bring your attention back to only your breath. When your mind begins to think about how boring meditation is, gently bring your attention back to your breath. When your mind becomes restless, bring in your attention again. Keep doing this until your meditation timer sounds.



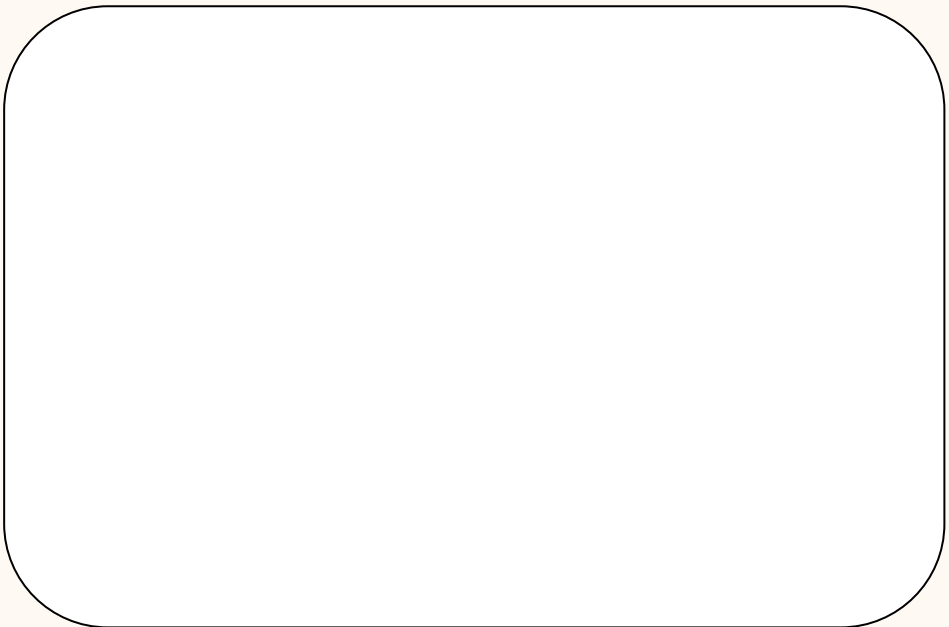
## Suggestions

1. Meditating for 10 minutes a day is infinitely better than meditating for 70 minutes once a week. ...
2. Start small. ...
3. Pick a gentle alarm. ...
4. Meditate in a quiet place. ...
5. It's easiest to lose your attention during your out-breath. ...
6. Be easy on yourself when your mind wanders.

## Reflection

After you have finished your practice return back to your notebook and reflect on the following questions.

- 🌀 What was the impact of your practice on you? (Considering all dimensions: physical, emotional, mental and spiritual)
- 🌀 Do you feel more gratitude after it? Why?
- 🌀 How does gratitude cultivate trust in life for you?



### What is your purpose?

***Why are you here, now? What are you here to serve? What is your purpose in life?***

*While you answer this question please keep in mind the 3 following aspects:*

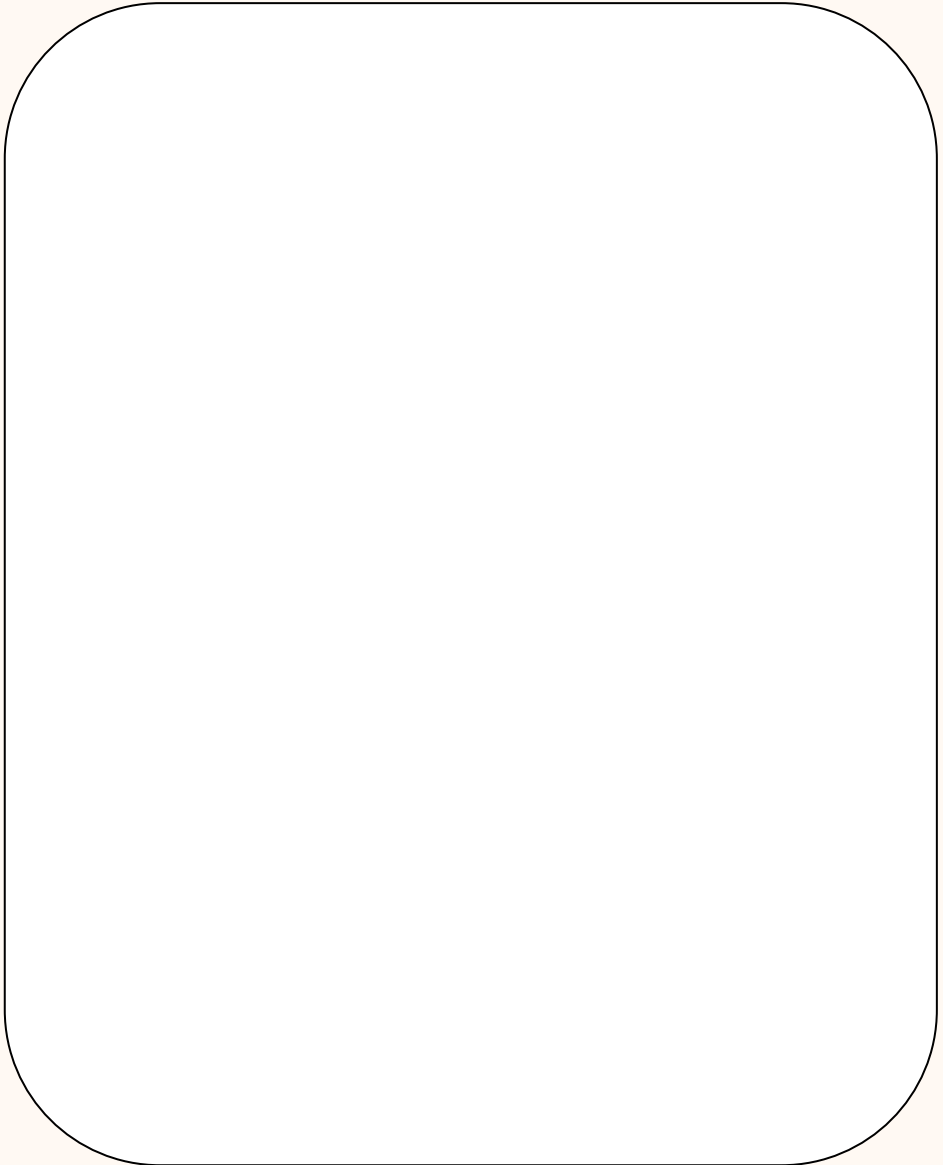
- 1. Be gentle with yourself when answering this question! Many people struggle for years to get to this answer or even worse neglect its meaning for humanity. Working with the purpose requires a special soul awakening and it is definitely a long and challenging process! If you are thinking about it, you are on the right track!*
- 2. There is not always a definitive one line sentence to answer this question. You may feel the direction of your purpose (let's say working with people) or the key elements it includes (for example nature and finances). If you get to this, it is fantastic!*
- 3. The purpose in life can change throughout the time! Every day you wake up a different person! Even your cells die and regenerate! Time makes you stronger and wiser and it would be inappropriate to believe that we will all have the same purpose throughout the time! It is normal if we make shifts or get deeper into our commitments.*





## What inspires you?

*Who inspires you? What phenomenon inspires you? Why? What does inspiration give to you?*



## Practice - Symbolic art work (painting, clay work, mandala etc.)

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### Description

A symbol is a mark, sign, or word that indicates, signifies, or is understood as representing an idea, object, or relationship. Symbols allow people to go beyond what is known or seen by creating linkages between otherwise very different concepts and experiences. Symbols take the form of words, sounds, gestures, ideas or visual images and are used to convey other ideas and beliefs.

By expressing your story through art, movement, poetry, and other non-verbal or metaphorical ways, you engage both the rational (left) and intuitive/non rational (right) hemispheres of your brain. The rational hemisphere is more involved than the non rational one is when it comes to processing language and thinking logically. The non rational hemisphere of the brain thinks in pictures and symbols, the primal language of Source and the universe.

“The creative process, so far as we are able to follow it at all, consists in the unconscious activation of an archetypal image and elaborating and shaping the image into the finished work. By giving it shape, the artist translates it into the language of the present and so makes it possible for us to find our way back to the deepest springs of life.” – Carl Jung

Every individual can, as Jung did, use art to bring forward messages from his or her own personal unconscious.



## Put it in practice

- 🕒 *Draw or paint your emotions.* In this exercise, you'll focus entirely on painting what you're feeling.
- 🕒 *Create an emotion wheel.* Using color, this activity will have you thinking critically about your emotions.
- 🕒 *Make a meditative painting.* Looking for a creative way to relax? Have trouble sitting still to meditate? Meditative painting might be just the thing you're looking for. No painting skill or experience necessary – only a desire to relax and become more creative.
- 🕒 *Collage your vision of a perfect day.* Think about what constitutes a perfect day to you and collage it. What about this collage can you make happen today?
- 🕒 *Make a mandala.* Whether you use the traditional sand or draw one on your own, this meditative symbol can easily help you to loosen up.

## Suggestions

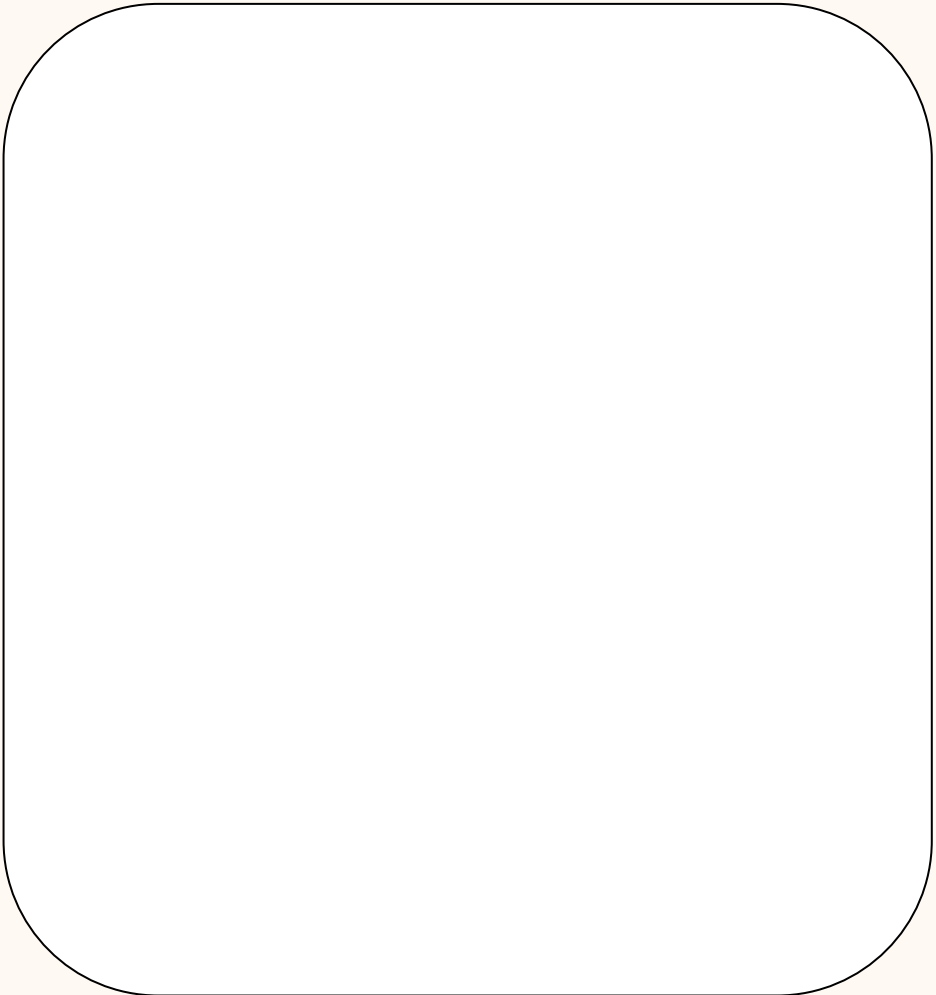
Be careful not to analyze the symbolic messages received too quickly, however, because the rational mind is used to perceiving in a limited way and may distort the message. Take your time and don't rush to verbalize and interpret what has come to you in the form of symbols, energies, and sensations.



## Reflection

After you have finished your practice return back to your notebook and reflect on the following questions.

- 🕒 How was doing your practice?
- 🕒 What were the benefits of your practice?
- 🕒 How did the practice contribute to your inspiration?
- 🕒 How did the practice contribute to your purpose in life path?

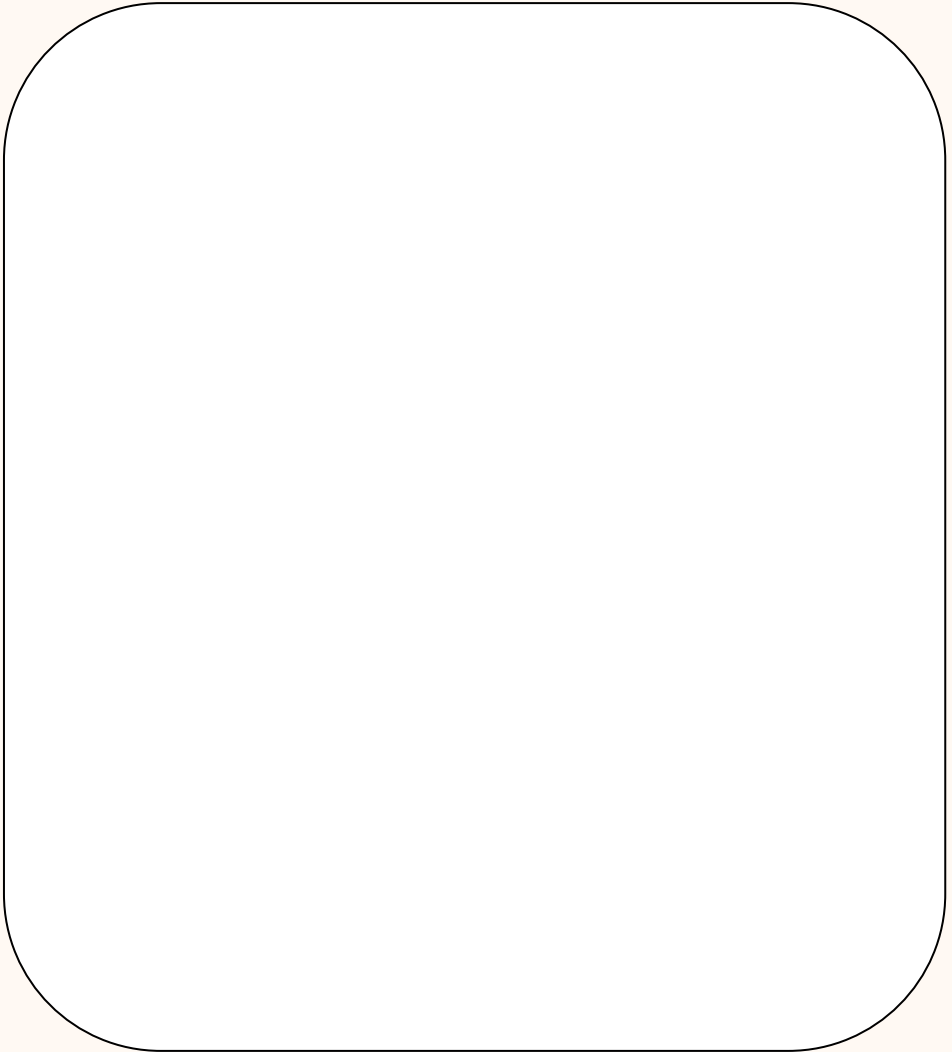


## Questions Set 7

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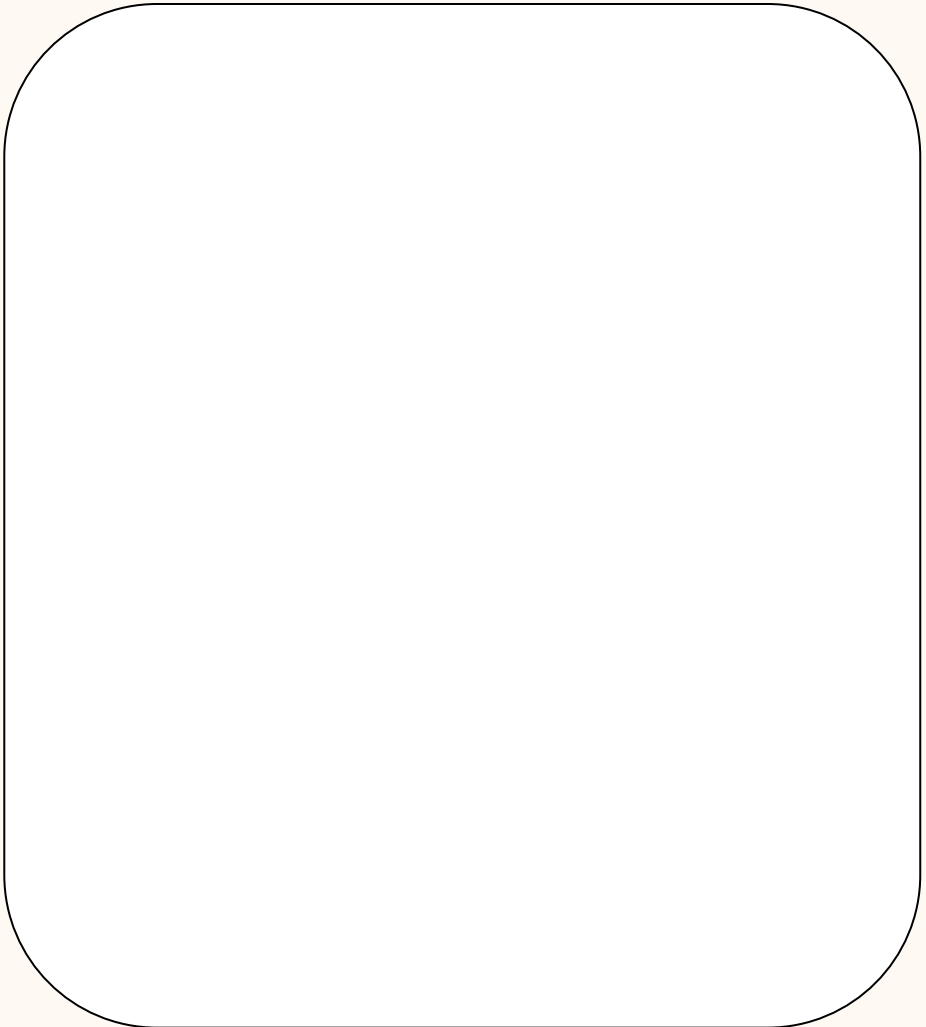
### What is your reality?

*Describe all the things that form your reality right now. Where you live, what you currently work on, who surrounds you, etc.*



## What brings happiness and fulfillment in your life?

*Elaborate on your level of happiness. Write down how you enjoy your life. Where do you find fulfillment in life? What are the elements that contribute the most to your happiness? Is there anything missing that will make you happier or your life more fulfilling?*



## Practice - Volunteering/Offering

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### Description

Volunteering is the act of a person who offers himself or herself for a service without taking any credit for it. You offer your services and your skills to the community or to the world because you want it. You have that desire in your heart for helping anybody who needs help and you offer it selflessness.

Volunteering is a happy action, which you gain nothing else except respect and love.

Volunteering can be related to giving, offering or serving to others and it has the following benefits

- 🕒 Builds Community
- 🕒 Ends Loneliness
- 🕒 Increases Socializing
- 🕒 Builds Bonds, Creates Friends
- 🕒 Develops Emotional Stability
- 🕒 Improves Self-Esteem
- 🕒 Helps Those Most Affected By Mental Illness
- 🕒 Promotes Longevity
- 🕒 Reduces Risk of Alzheimer's
- 🕒 Leads to Graceful Aging
- 🕒 Improves School and College Experience
- 🕒 Provides Better Job Prospects

### Put it in Practice

If you want to volunteer or offer to the community you can start by little things and then go to the bigger ones. For example you can help your family members, friends, neighbors or strangers in the street that need your contribution.



**This time we challenge you to offer something to a complete stranger!** Here are a few steps about how to do it:

- ☉ Choose your target: select who you are going to help
- ☉ Assess his/her needs: think about what this person needs at this moment. Maybe his/her needs are materialistic (food, water, clothes, furniture, money etc). Maybe he/she needs help in some of his/her activities (for example to carry something, to manage taking the dog for a walk, to park the car, to read something, to go for a nature walk, etc) Last but most important, this person might need **time, hug, compassion, company or just a smile!**
- ☉ Plan your offering: choose what you are going to offer to this person based on his/her needs. Always remember that what you are going to offer has to be within your capacities (financial, physical, emotional, mental, spiritual, etc)
- ☉ Approach the person and make your offering! But still, before you offer your gift, you need to make sure that the recipient wants to accept your offering and does not find it offensive. You may start a conversation telling the person that you would like to offer something to him/her and then based on the answer you continue. Volunteering must be fun for both parts!
- ☉ Last, if possible, observe carefully the impact your offering had on the person!

## Suggestions

If you are interested in strengthening your volunteering experience, think about offering some organized services to the local or international community.

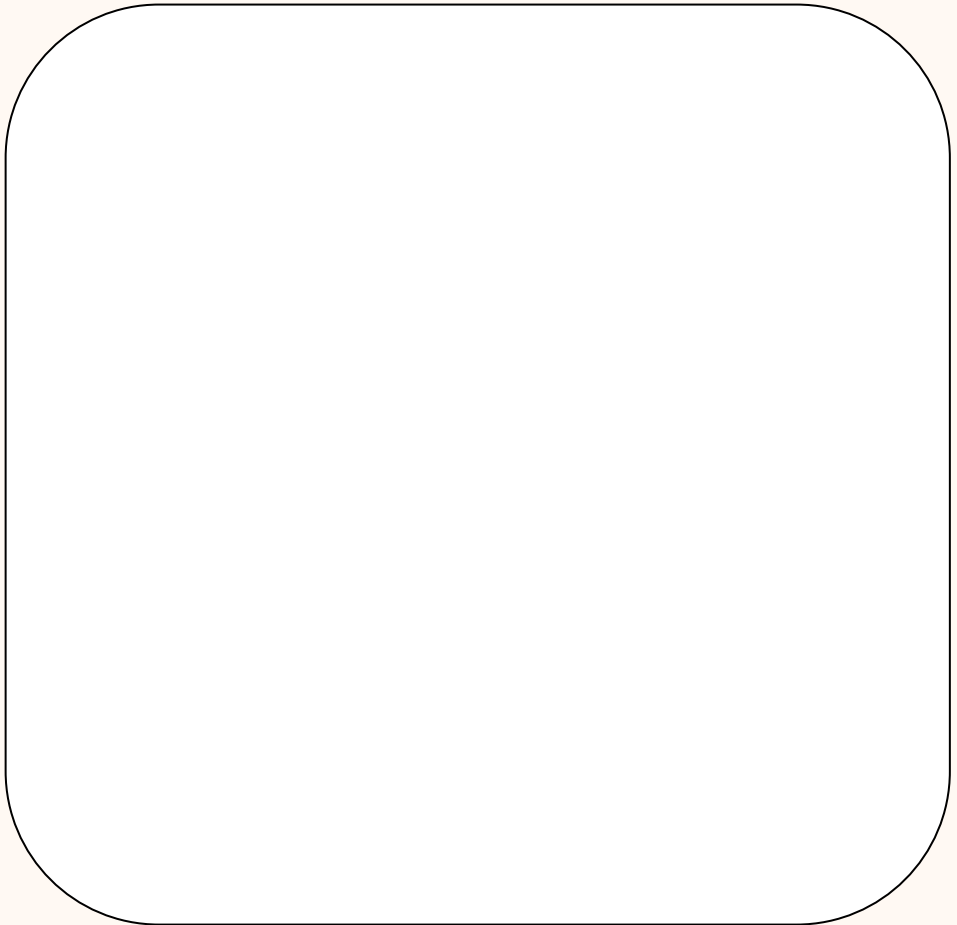




## Reflection

Take your journal and write a few words about the experience of volunteering/offering.

- 🕒 How was it for you and how was it for the other person?
- 🕒 How did you feel before your and after your offering?
- 🕒 How different was this act of offering from the reality you described earlier?
- 🕒 How did it contribute to your happiness?

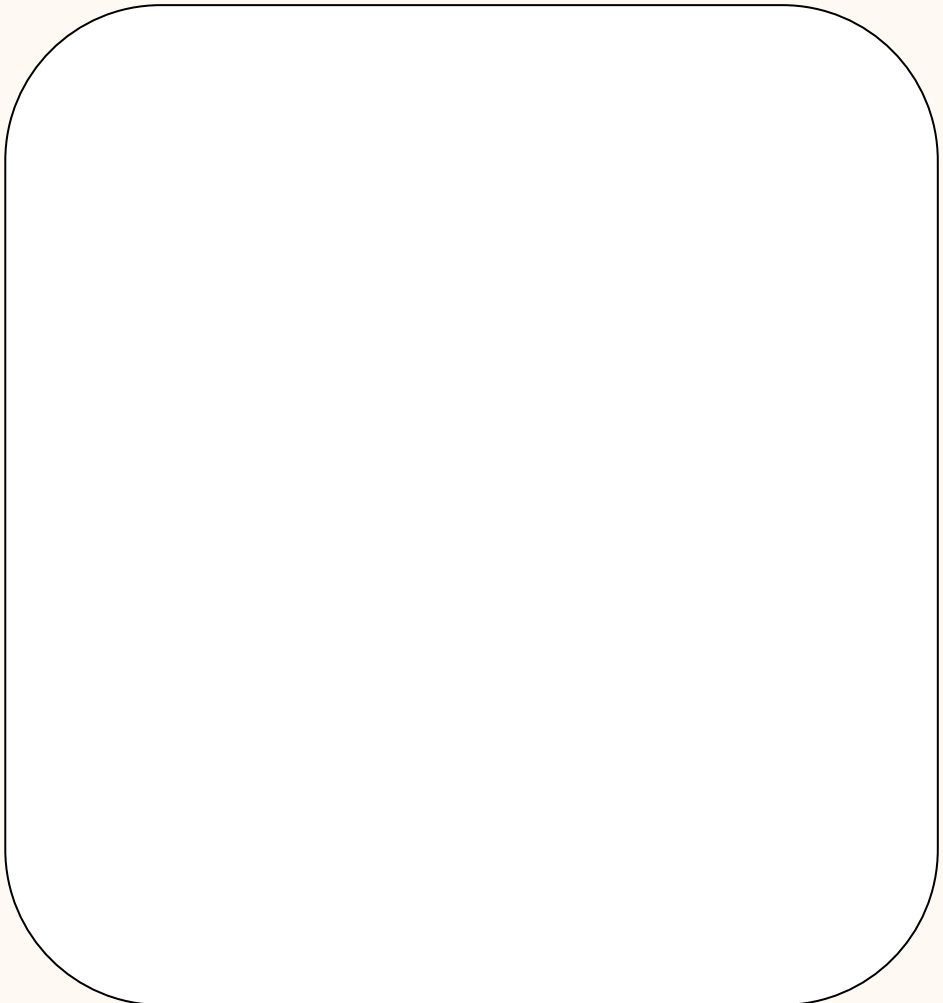


## Questions Set 8

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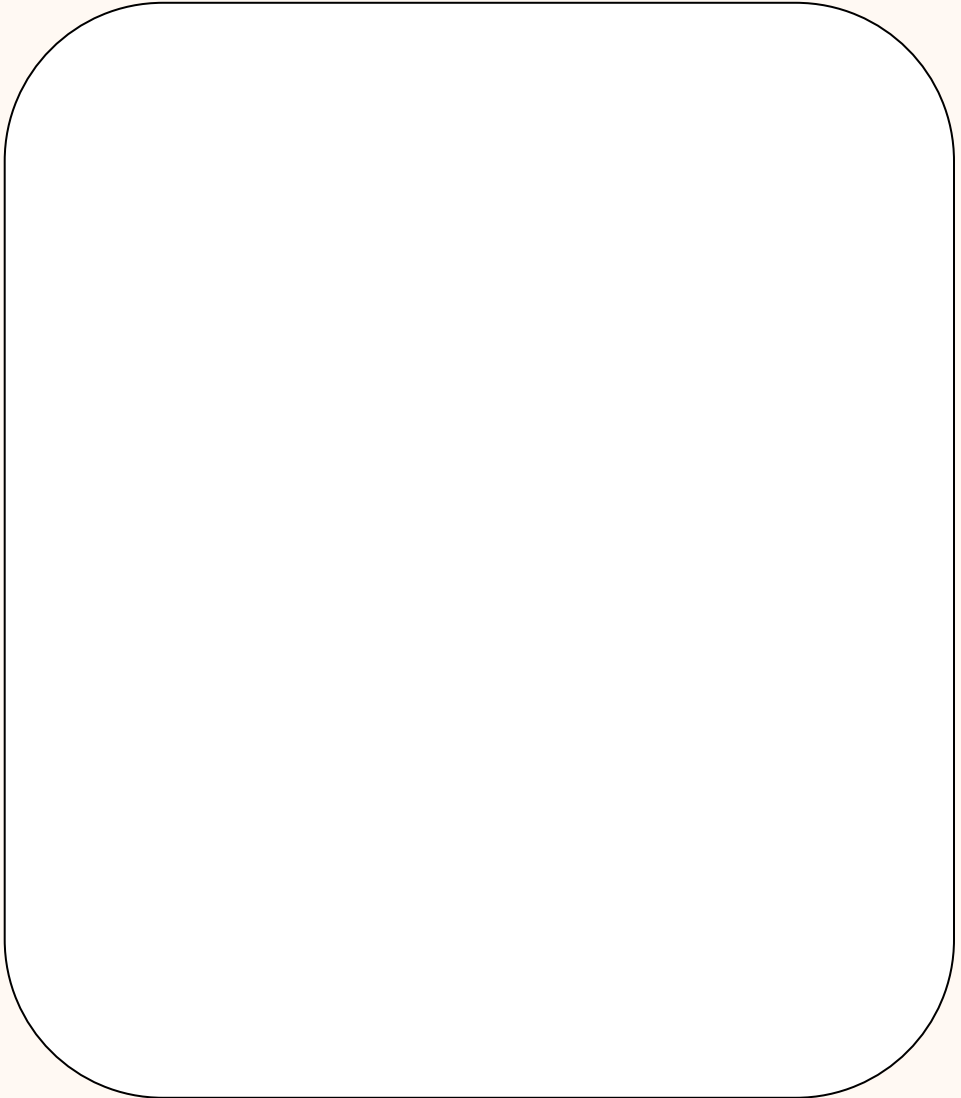
### What are your current, primary responsibilities in life?

*Describe the things that you are responsible for. What concerns you and you are obligated to perform? What is included in your “to do list”? How satisfied are you with these?*



## What is your mastery?

*What are the things that when you are doing the time flies and you are in flow? Which are your most developed competencies that when you perform them you immerse completely into the activity? What in your professional activities makes you proud? What gives you biggest sense of achievement?*



## Description

Storytelling is the social and cultural activity of sharing stories. Human beings are designed to live by telling and listening to stories. From the earliest beginnings of history, our understanding of the world around us has been passed on through stories. The experience of sharing stories with others bonds and unites communities and cultures. A statement by the National Storytelling Network defines storytelling as an ancient art form and a valuable form of human expression. Because “story” is essential to so many art forms, however, the word “storytelling” is often used in many ways.

Storytelling represents, as such, a distinguished art, the art of telling a story, in which there are six specific elements that exist in any telling:

- ① the representation of a story
- ② interactivity
- ③ verbal or semiotic language
- ④ “showing” the story
- ⑤ usage of actions such as vocalisation, physical movement and/or gesture
- ⑥ encouragement of the active imagination of the listeners.

With time and practice these specific elements can be improved by any storyteller.

Stories or narratives have been shared as a means of entertainment, education, cultural preservation and instilling moral values. In your story you usually include a plot, some characters, a part to take place and a precept.



## Put it in practice

Whether you're telling a joke, telling a fairy tale, or trying to persuade someone with a little empirical evidence, telling a story well is an important skill. While it comes naturally to some, for others this skill is a learned one. Here are the steps you need to take in order to tell your story properly!

- 🕒 **Come up with an idea of the ideal story you want to tell. This time we ask you to share a story related to your mastery. It can be something you have already experienced or something you have already achieved!** Create your own plot based on real events. Remind yourself about the place, time frame and people involved-including yourself.
- 🕒 Choose an audience to narrative to. It can be children, adults, your friends, your class, or anyone you want to inspire.
- 🕒 Engage your audience. Start your storytelling by interacting with your audience or doing something to grab their attention.
- 🕒 Build the scene. Throughout your storytelling, you want to create an immersive experience. You want to tell your audience the story in a way that makes them feel like they're there.
- 🕒 Build tension and release tension. Of course, the entire arc of a story should be building tension and building tension, until the climactic point in the story and the falling action of the conclusion.
- 🕒 Focus on what's important. When telling a story, it is important to include details, to create that sense of immersion. However, you don't want the story to take on a "rambling" feel. This is why it's very important to focus on what's important.



- ☉ Keep the flow logical. This is where knowing your story and practicing become important. Tell the story in a way that is logical and flows smoothly.
- ☉ Make it feel conclusive. It's awkward when an audience isn't sure if you're done or not, so make the conclusion of your story feel conclusive.

## Suggestions

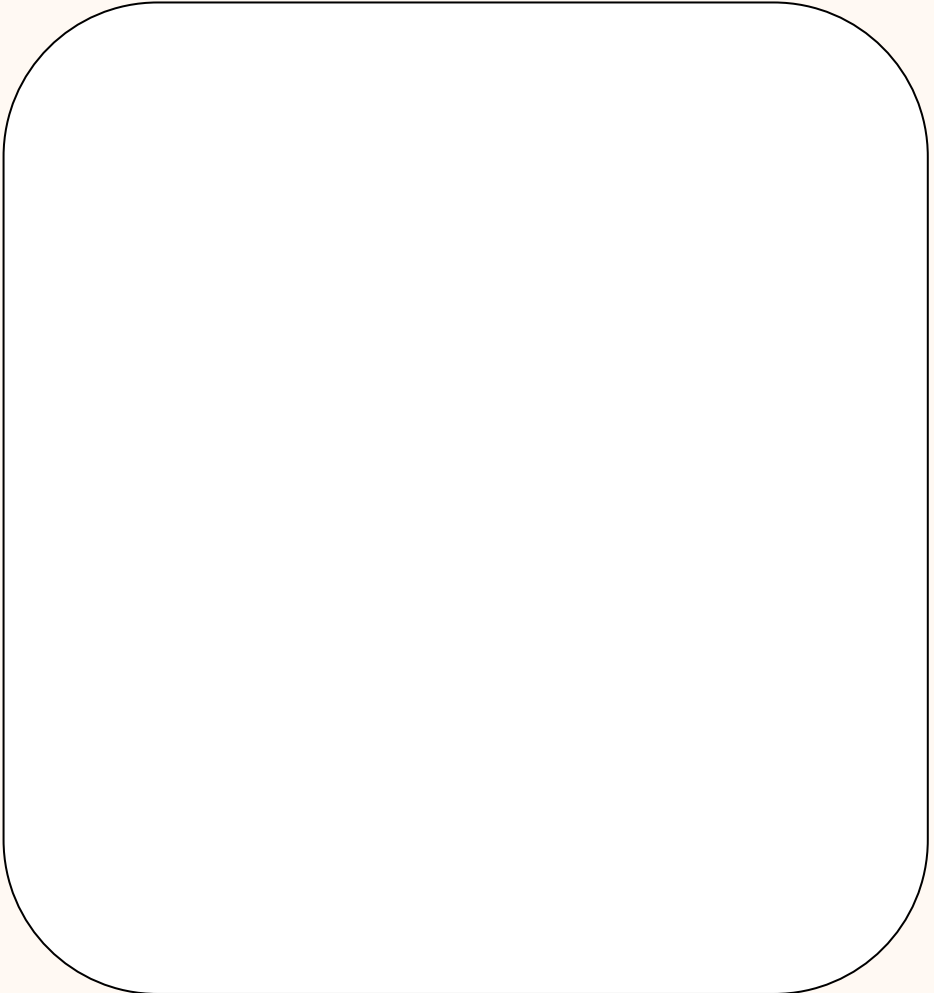
To write your perfect story, it would be good to make notes, put all your ideas down in a paper and try to combine them all together. That will be a lot easier to make you think and create. Also if you feel like you are stuck and you cannot think of anything, then go outside of the house, sit somewhere and check your notebook. It will definitely inspire you to write a story!



## Reflection

Reflect on how was the storytelling practice for you.

- ☯ How challenging was to perform it?
- ☯ What were the challenges? How have you overcome them?
- ☯ How did you feel telling a story about your mastery?
- ☯ Describe how you can include more of your mastery in your “to do list”!

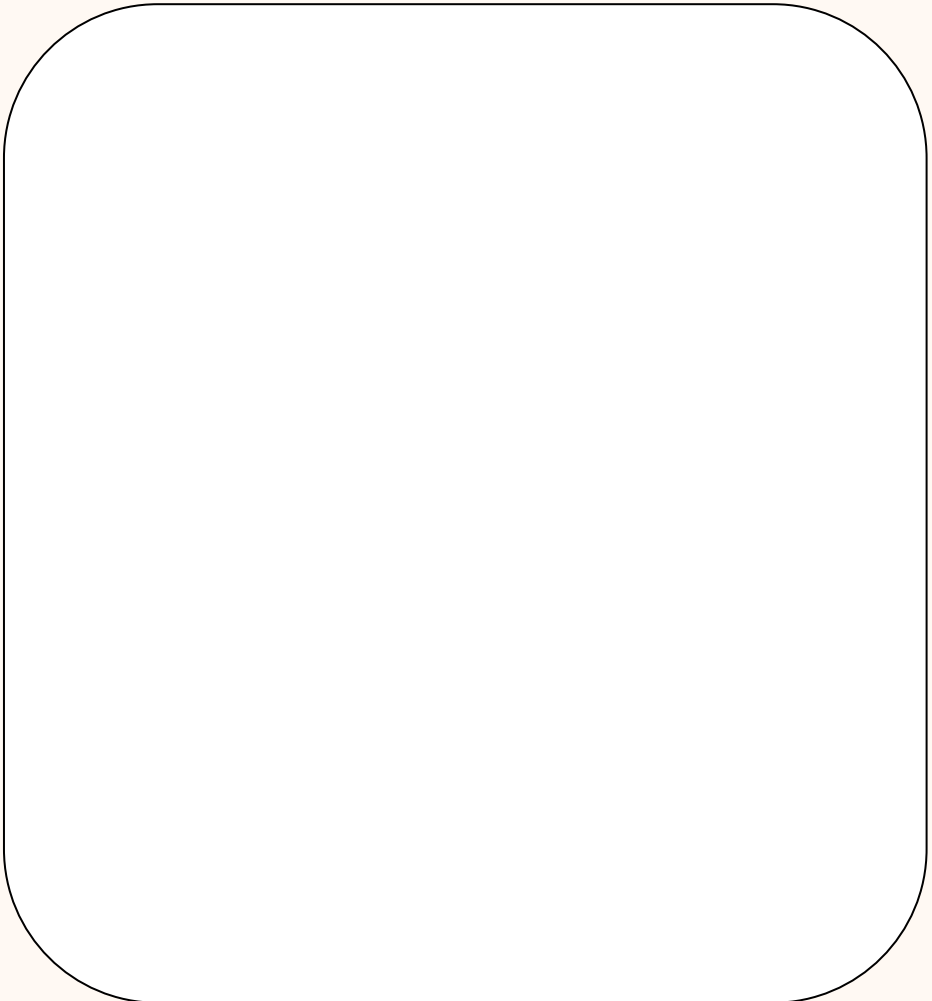


## Questions Set 9

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How much do you seek attention from others?

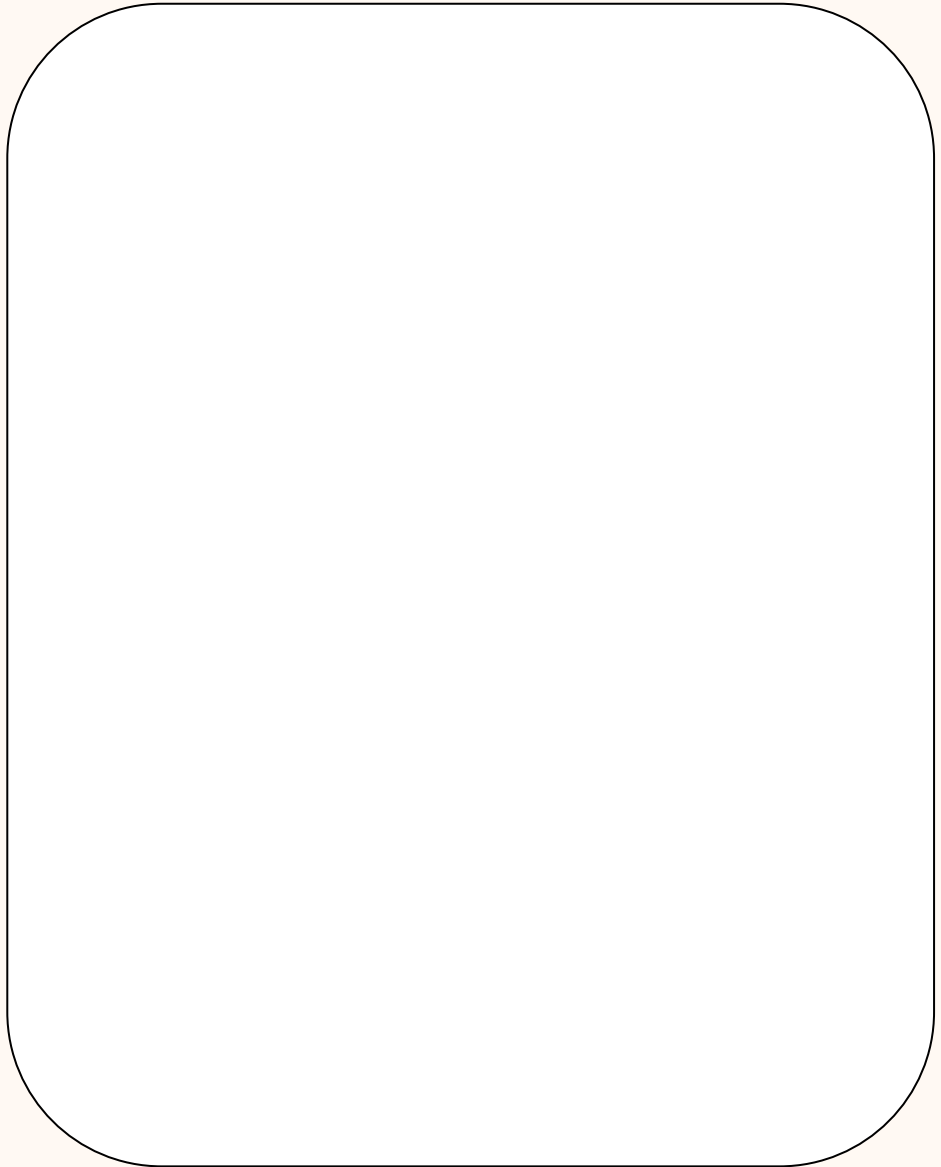
*Describe if and how you seek the attention from others. In what situations does your attention seeking appear? Why?*





## How do you speak to yourself?

*Notice how you speak to yourself in different situations. What changes occur depending on the situation?*



## Practice - Positive affirmations to yourself

---

### Description

Do you get down on yourself easily, sometimes feel like you're not good enough, and just generally have a negative self image? Most of us tend to be really hard on ourselves and blow things out of proportion, unfortunately this negative thinking becomes habitual and will cause you to automatically block out everything positive.

Positive affirmations help you learn to love yourself. They train your mind to stop over-focusing on the negative and instead start seeing all the wonderful things that make you a beautiful and valuable human being.

### Put it in Practice

The first thing to do is to get your affirmation. You can use more than one if you want, but it is encouraged to use a limited number of them for a stronger result. Just get the one that is more appropriate, inclusive and has a deeper meaning for you. You can make your own affirmation or you can get inspired by others. A quick look on the web will really provide you a lot of insights!

Every day, once you wake up, go to the mirror, look at yourself deep in the eyes and with kindness and acceptance tell yourself the affirmation.

Repeat your affirmation everyday for at least 21 days! The repetition is essential for changing how you speak to yourself! Be patient and observe the significant changes in your daily life!



## Suggestions

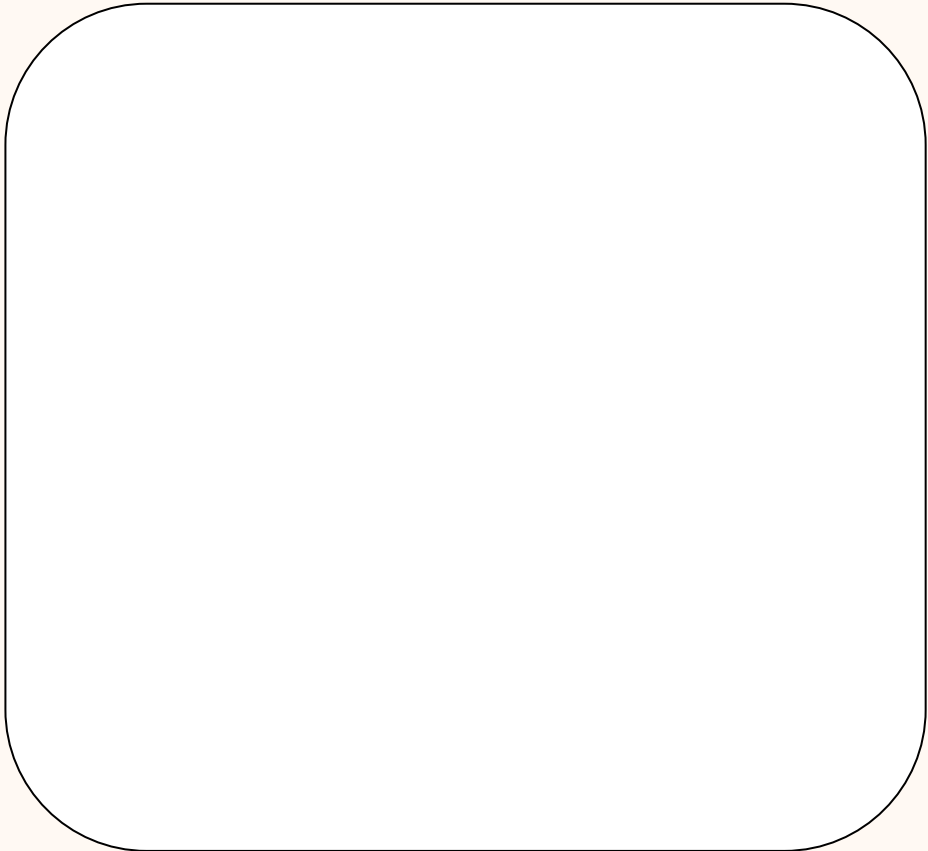
You might find it extremely challenging to give positive affirmations to yourself. However remember! You are your own best friend and the one most important person in your life! Therefore it is so crucial to consider the way you talk and treat yourself daily. Self-judge, guilt and stress can disappear if you are patient enough to complete the exercise! Just think what a huge difference it will make once you start talking to yourself in a more positive way- with more awareness and kindness!



## Reflection

After you have finished your practice return back to your notebook and reflect on the following questions.

- 🌀 How challenging was to make positive affirmation to yourself?
- 🌀 How did you feel after saying the affirmation to yourself?
- 🌀 How can positive affirmations help you be more balanced on your own, without the need for attention from others?
- 🌀 How positive affirmations change the way you speak to yourself?

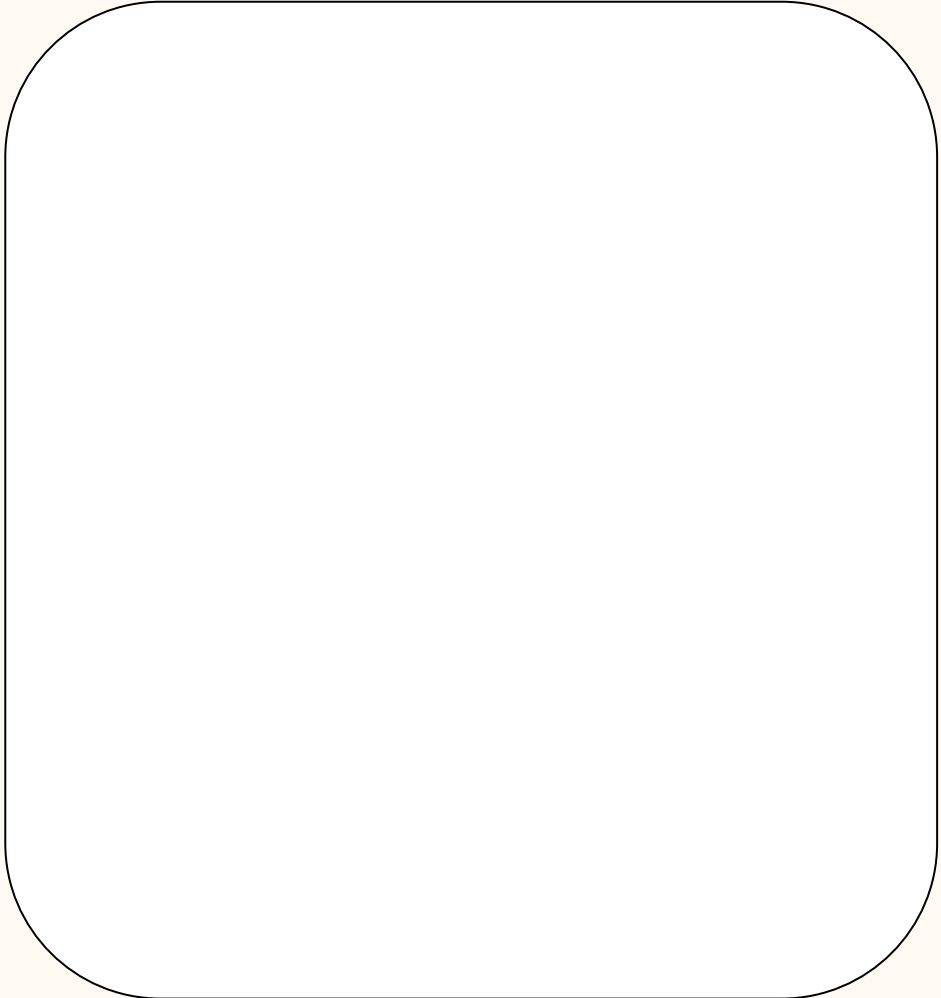


## Questions Set 10

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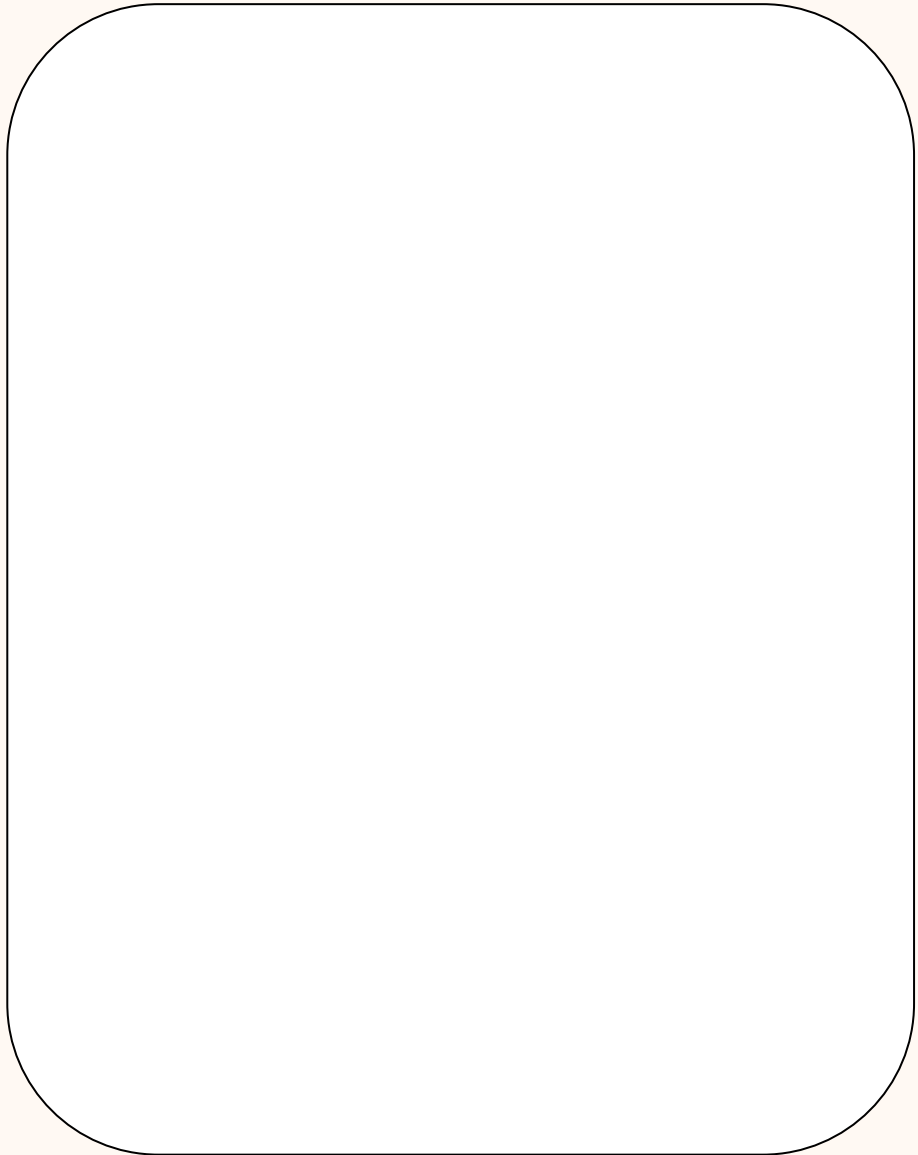
### How much do you trust yourself?

*Do you feel you can trust your abilities (physical, mental, emotional and spiritual)? How confident do you feel that you can take care of yourself and cover all your needs on time? How confident you can feel about taking care of others using your abilities (physical, mental, emotional, and spiritual)?*



## How much do you trust others?

*Are you a trustful person? Do you believe that people are true, able and caring? Can you rely on others about your food, cloths, work or even life?*



## Practice - Rock balancing

---

### Description

Rock balancing or stone balancing (stone or rock stacking) is an art, discipline, or hobby in which rocks are naturally balanced on top of one another in various positions. Adhesives, wires, supports, or rings are not permitted.

Rock balancing can be a performance art, a spectacle, or a devotion, depending upon the interpretation by its audience. Essentially, it involves placing some combination of rock or stone in arrangements which require patience and sensitivity to generate, and which appear to be physically impossible while actually being only highly improbable. The rock balancer may work for free or for pay, as an individual or in a group, and their intents and the audiences' interpretations may vary given the situation or the venue.

Rock balancing has also been described as a type of problem solving, and some artists consider it as a skill in awareness. Some work has been described as a magic trick for the mind.

### Put it in practice

Michael Grab is an artist that has been 'rock balancing' since 2008. He says:

"The most fundamental element of balancing in a physical sense is finding some kind of 'tripod' for the rock to stand on. Every rock is covered in a variety of tiny to large indentations that can act as a tripod for the rock to stand upright, or in most orientations you can think of with other rocks. By paying close attention to the feeling of the rocks, you will start to feel even the smallest clicks as the notches of the rocks in contact are moving over one another.

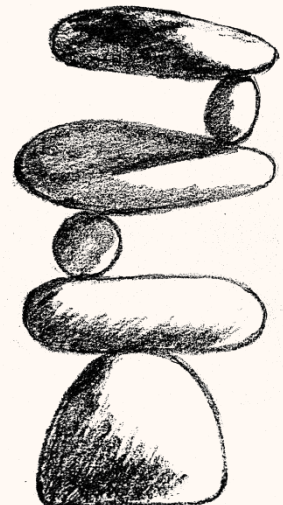


Parallel to the physical element of finding tripods, the most fundamental non-physical element is harder to explain through words. In a nutshell, I am referring to meditation, or finding a zero point or silence within yourself. Some balances can apply significant pressure on your mind and your patience. The challenge is overcoming any doubt that may arise.”

## Suggestions

You can collect some stones from the nature and bring them with you in the house. You can practice at home rock balancing if you don't want to stay outside.

Rock balancing is a great practice for cultivating patience and perseverance. Work and learn with others and share your experience.

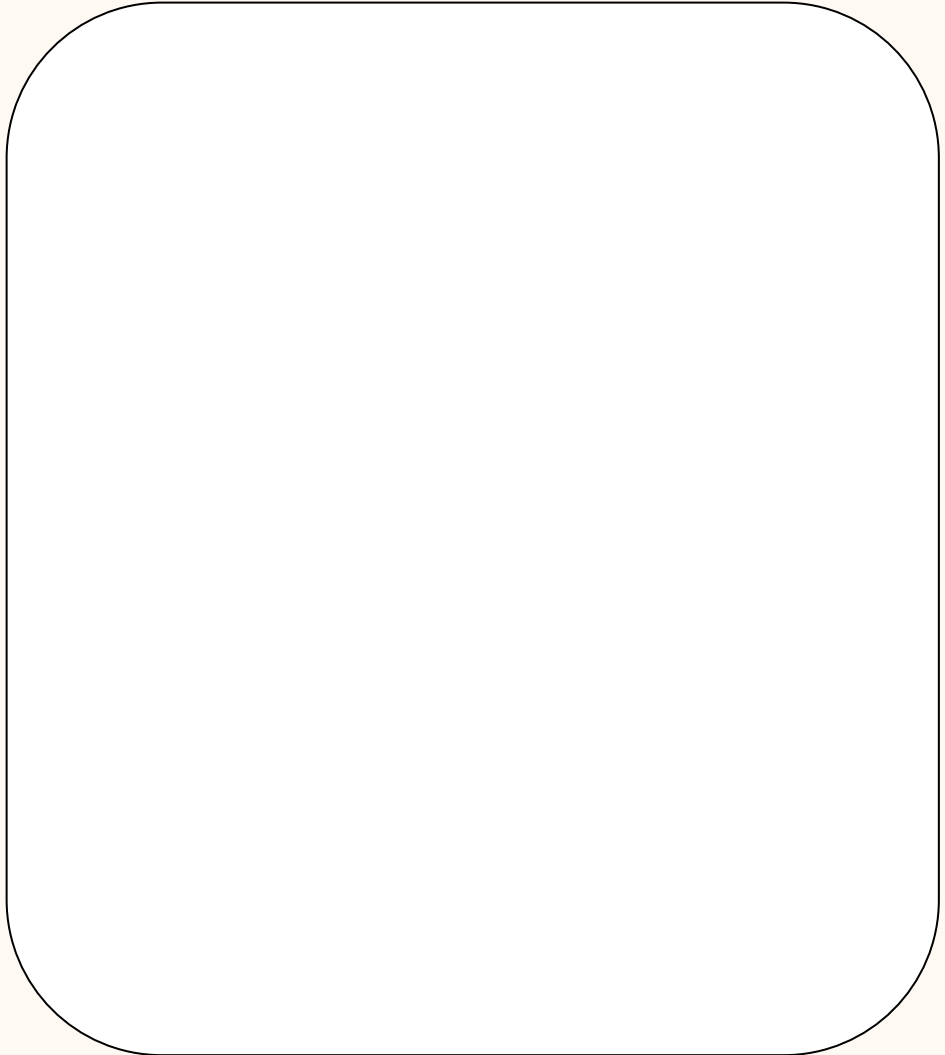




## Reflection

After you have finished your practice return back to your notebook and reflect on the following questions.

- 🕒 How was for you trying the practice of rock balancing?
- 🕒 What conclusion from this practice can you draw about trust (towards yourself and towards others)?



*Congratulations!*

*Well done! You have completed the self-discovery process! That means that you already know better yourself! We congratulate you for your courage to undergo this journey! We know that it is a challenging task!*

*You can go back to your notebook and take a last glance. What have you discovered about you that you didn't know before? What insights have you got? What changes do you want now to pursue? Which practices you would like to adopt on a frequent basis in your life? How are you planning to do it?*

*Keep your notebook in a safe place near you. Revisit it from time to time, and feel free to add/change things. Self-discovery is an on-going process, full of new things to explore still! Enjoy it as you progress through life!*





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