

# WomenUp

## Walking in Someone Else's Shoes



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| <b>Objective</b>                   | Participants will develop a deeper understanding of empathy by recognising and sharing different perspectives.  |
| <b>Materials needed</b>            | <ul style="list-style-type: none"> <li>- Computer/Tablet or phone with Internet to see videos.</li> <li>- Papers.</li> <li>- Pen.</li> </ul>  |
| <b>Implementation instructions</b> | <p><b>1. Introduction (5 min):</b></p> <p>Define empathy as the ability to understand and share the feelings of another person. It involves actively listening, putting oneself in someone else's shoes and responding with care.</p> <p>Definition: Empathy is the ability to understand and share another person's emotions, thoughts and experiences. It involves recognising emotions in others and responding in a compassionate way.</p> <p><b>Theoretical Background:</b></p> <ul style="list-style-type: none"> <li>● <b>Carl Rogers' Person-Centered Theory (1951):</b> Rogers emphasised empathy as a key component in effective communication and relationships.</li> <li>● <b>Daniel Goleman's Emotional Intelligence Theory (1995):</b> Identifies empathy as a core component of emotional intelligence, crucial for social competence.</li> </ul> <p>Example:</p> <ul style="list-style-type: none"> <li>● If a friend shares that they are struggling at work, an empathetic response would be, "That sounds really tough. How can I support you?" rather than offering immediate advice.</li> <li>● A manager listening attentively to an employee's concerns and offering support.</li> <li>● A friend validating another's feelings instead of dismissing them.</li> <li>● A healthcare provider considering a patient's emotional state while delivering a diagnosis.</li> </ul> <p><b>Active Listening Techniques:</b></p> <ul style="list-style-type: none"> <li>● Paraphrasing: "So what I hear you saying is..."</li> </ul> |

- Reflecting feelings: “It sounds like you’re feeling frustrated because…”
- Asking open-ended questions: “Can you tell me more about how that made you feel?”

**Perspective-Taking Exercises:**

- Role-playing different scenarios (e.g., experiencing discrimination, being a new student in a school).
- Reading literature from different cultural perspectives to understand diverse viewpoints.

**2. Storytelling Activity (15 min):**

- Online: Watch a short video about someone overcoming a challenge and discuss reactions in a forum (Watch [this video](#) ).
- Offline: Read a printed story and discuss it in small groups.
- Blended: Watch a video together and have an in-person discussion.

Some questions to create discussion:

- What is the definition of empathy?
  - a) Feeling sorry for someone.
  - b) Understanding and sharing someone else’s feelings.
  - c) Agreeing with someone’s opinion.
  - d) None of the above.
- Which of the following is NOT an active listening technique?
  - a) Interrupting to share your own experience.
  - b) Maintaining eye contact.
  - c) Asking clarifying questions.
  - d) Nodding and showing understanding.
- How can role-playing help develop empathy?
  - a) It helps us practice different perspectives.
  - b) It teaches us to argue better.

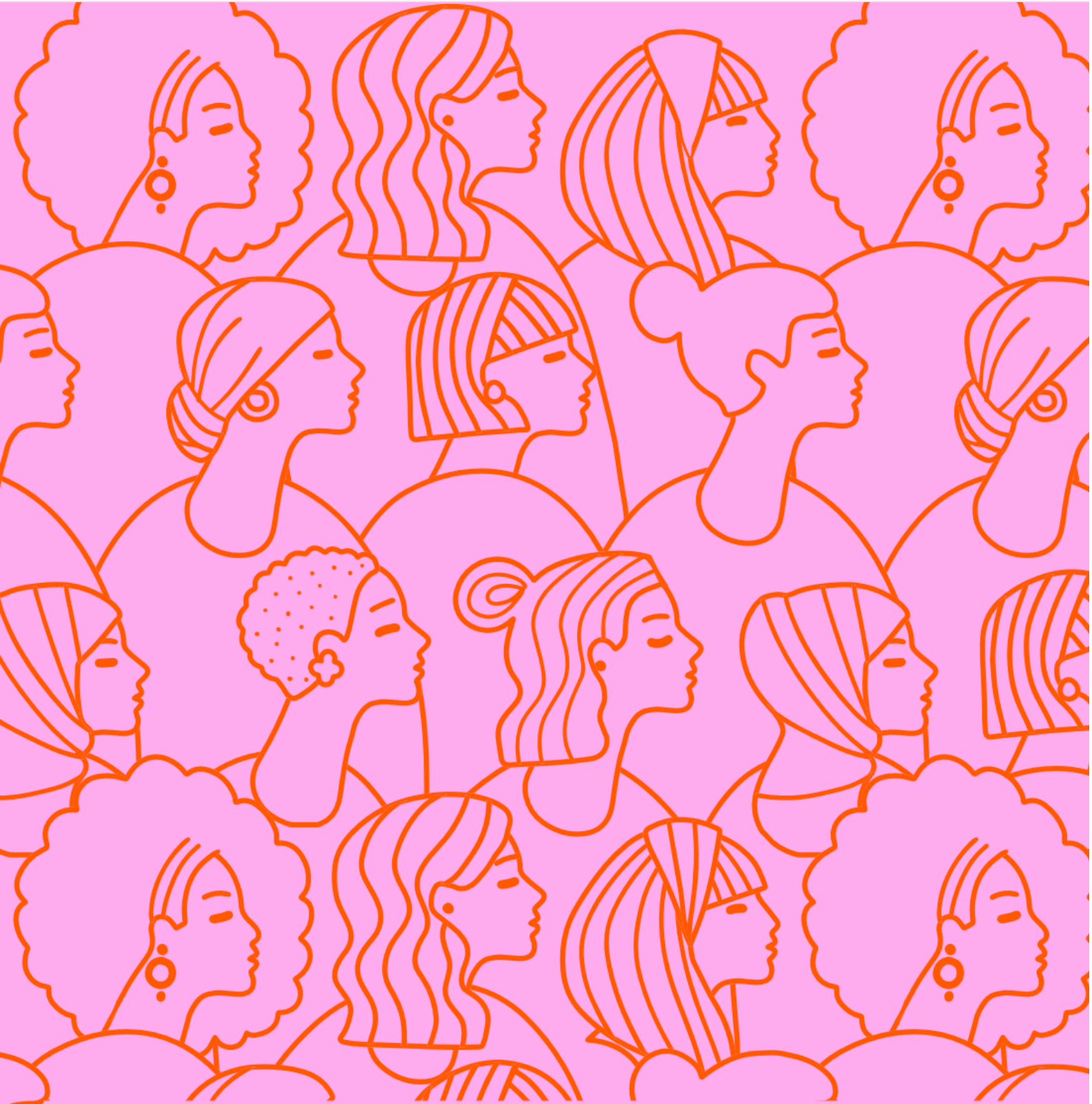


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|                          | <ul style="list-style-type: none"> <li>- c) It forces us to agree with others.</li> <li>- d) It does not help at all.</li> </ul> <p><b>3. Role-Playing (15 min):</b></p> <p>Participants take on different roles and discuss how they would feel in those situations. Example exercises:</p> <ul style="list-style-type: none"> <li>o One participant plays a new student at school, while another plays a welcoming classmate.</li> <li>o One participant plays a person who lost their job, while another plays a supportive friend.</li> <li>o One participant plays someone with a disability navigating public transportation, while another plays a bystander offering assistance.</li> </ul> <p><b>4. Reflection (5 min):</b></p> <ul style="list-style-type: none"> <li>o Online: Write a journal entry on what they learned.</li> <li>o Offline: Share insights in pairs.</li> <li>o Blended: Combine both methods.</li> </ul> |
| <b>Expected Outcomes</b> | <p>This activity:</p> <ul style="list-style-type: none"> <li>• Recognises that people’s views are shaped by culture, background and experience.</li> <li>• Acknowledges multiple viewpoints in discussions or decision-making.</li> <li>• Avoids snap judgments; shows openness to differing opinions.</li> <li>• Uses language that reflects consideration of others’ perspectives.</li> <li>• Listens actively and responds with emotional sensitivity.</li> <li>• Validates others’ feelings through supportive words and actions.</li> </ul>  |



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|                             | <ul style="list-style-type: none"> <li>• Demonstrates compassion, even in stressful or conflicting situations.</li> <li>• Builds more respectful and understanding relationships.</li> </ul>  |
| <b>Evaluation</b>           | <ul style="list-style-type: none"> <li>• Reflection journals:             <ol style="list-style-type: none"> <li>1. Describe a situation where you recently showed empathy. What was the outcome?</li> <li>2. How did the role-playing exercise change your perspective on empathy?</li> <li>3. What are three ways you can practice empathy in your daily life?</li> </ol> </li> <li>• Group discussion summaries.</li> <li>• Online forum participation.</li> </ul> |
| <b>Additional Resources</b> | <ul style="list-style-type: none"> <li>• <a href="#">Brené Brown's TED Talk on Empathy.</a></li> <li>• <a href="#">Greater Good Science Center - Empathy Exercises.</a></li> <li>• <a href="#">Harvard Business Review - "Connect, Then Lead: The Power of Empathy in Leadership". Explains why leaders who demonstrate empathy build stronger teams and improve workplace dynamics.</a></li> </ul>   |





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## The Pause & Reflect Technique



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| <b>Title</b>                       | The Pause & Reflect Technique  |
| <b>Objective</b>                   | Participants will learn how to manage their emotions and reactions effectively by using self-regulation techniques.  |
| <b>Materials needed</b>            | <ul style="list-style-type: none"> <li>- Computer/Tablet or phone with Internet to see videos.</li> <li>- Papers.</li> <li>- Pen.</li> </ul>   |
| <b>Implementation instructions</b> | <p>1. <b>Introduction (5 min):</b></p> <p>Explain self-regulation as the ability to control emotions, behaviours and thoughts in different situations.</p> <p><b>Definition:</b></p> <p>Self-regulation refers to the ability to manage one’s emotions, behaviours and thoughts in pursuit of long-term goals. It involves self-control, discipline and the ability to delay gratification.</p> <p><b>Theoretical Background:</b></p> <ul style="list-style-type: none"> <li>• <b>Albert Bandura’s Social Cognitive Theory (1986):</b> Bandura highlighted self-regulation as a crucial component of self-efficacy, where individuals set goals, monitor progress and adjust behaviours accordingly.</li> <li>• <b>Baumeister &amp; Vohs (2004):</b> Defined self-regulation as the ability to override impulses and make conscious decisions that align with long-term goals.</li> </ul> <p>Examples:</p> <ul style="list-style-type: none"> <li>• A student resisting the urge to check social media while studying.</li> <li>• A professional staying calm during a heated meeting and responding rationally.</li> <li>• An athlete following a disciplined diet and exercise regimen.</li> </ul> |

- If someone receives negative feedback at work, self-regulation helps them pause, reflect and respond calmly rather than reacting defensively.

### **Personal Values Identification:**

- Based on Schwartz's Theory of Basic Human Values (1992), identifying core personal values helps individuals align decisions with long-term fulfillment.
- Example: If integrity is a core value, one may choose transparency over short-term gain.

### **SWOT Analysis:**

- Developed by Albert S. Humphrey (1960s) as a strategic planning tool to assess Strengths, Weaknesses, Opportunities and Threats.
- Example: A person evaluating career choices by identifying strengths (communication skills), weaknesses (lack of technical skills), opportunities (job openings in a desired field), and threats (high competition).

### **2. Guided Exercise (15 min):**

Online: Watch [this mindfulness video](#) and practice breathing techniques.

Offline: Read a short guide and practice in pairs.

Blended: Use the video, followed by in-person discussion.

### **3. Journaling (10 min):**

- Participants document a moment when they regulated or failed to regulate their emotions.

### **4. Discussion (10 min):**

- Share insights and strategies in small groups. Use some questions to create conversation:

What is self-regulation?

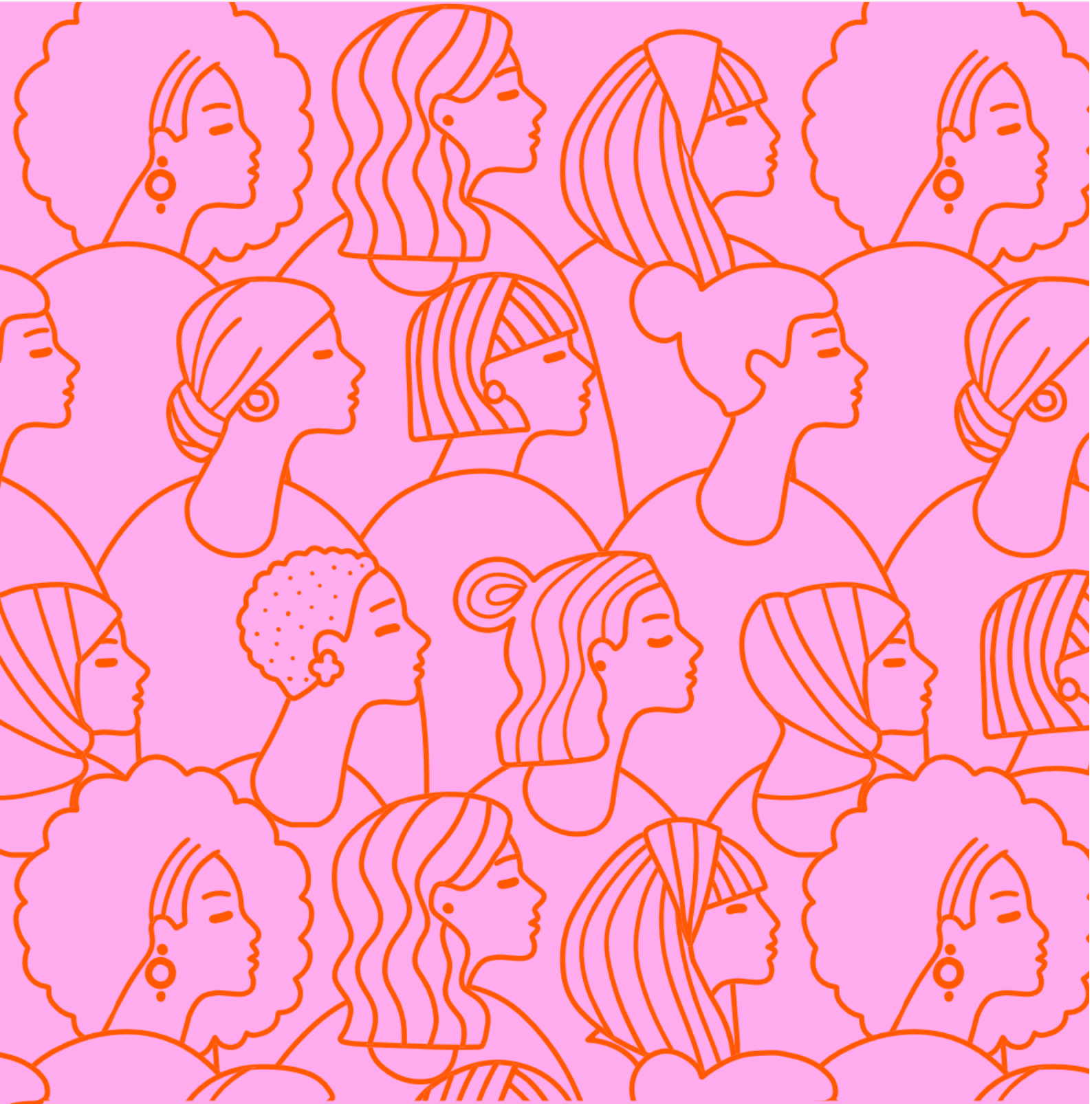


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|                                 | <p>a) Controlling others' emotions.<br/> b) Managing one's own emotions and reactions.<br/> c) Avoiding emotions altogether.<br/> d) Ignoring stressful situations.</p> <p>Which of the following helps with self-regulation?</p> <p>a) Deep breathing exercises.<br/> b) Reacting immediately without thinking.<br/> c) Suppressing emotions completely.<br/> d) Avoiding problems.</p> <p>How can journaling support self-regulation?</p> <p>a) It helps reflect on emotions and responses.<br/> b) It prevents negative emotions from occurring.<br/> c) It makes all decisions easier.<br/> d) It has no impact on emotions.</p>  |
| <p><b>Expected Outcomes</b></p> | <p>By doing this activity, the participant:</p> <ul style="list-style-type: none"> <li>• Takes a moment to reflect before responding, especially in challenging situations.</li> <li>• Avoids impulsive reactions, while choosing thoughtful responses.</li> <li>• Uses techniques (like deep breathing or grounding) to manage initial emotional impulses.</li> <li>• Demonstrates increased patience and emotional restraint in conversations.</li> <li>• Identifies and names personal emotions with more clarity.</li> <li>• Recognises emotional triggers and manages them effectively.</li> <li>• Responds to situations with emotional balance and composure.</li> </ul> |



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|                             | <ul style="list-style-type: none"><li>• Maintains self-regulation under pressure or stress.</li></ul>   |
| <b>Evaluation</b>           | <ul style="list-style-type: none"><li>• Reflection journals.</li><li>• Self-assessment checklists.</li><li>• Group discussion contributions.</li></ul>  |
| <b>Additional Resources</b> | <ul style="list-style-type: none"><li>• <a href="#"><u>TED Talk: How to Stay Calm When You Know You'll Be Stressed.</u></a></li><li>• <a href="#"><u>How to do a SWOT Analysis (Explained in 3 Minutes)</u></a></li><li>• <a href="#"><u>SWOT analysis - strengths, weaknesses, opportunities and threats</u></a></li></ul> |





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Reframing Challenges



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| <b>Title</b>                       | Reframing Challenges   |
| <b>Objective</b>                   | Participants will learn to embrace challenges and setbacks as opportunities for growth.  |
| <b>Materials needed</b>            | <p>Computer/Tablet or phone with Internet to see videos.</p> <p>Papers.</p> <p>Pen.</p>  |
| <b>Implementation instructions</b> | <p>1. <b>Introduction (5 min):</b></p> <p>Explain a growth mindset as the belief that intelligence and abilities can be developed through effort and persistence.</p> <p><b>Definition:</b></p> <p>A growth mindset is the belief that abilities and intelligence can be developed through effort, learning and persistence, as opposed to a fixed mindset that assumes intelligence and talents are static.</p> <p><b>Theoretical Background:</b></p> <ul style="list-style-type: none"> <li>• <b>Carol Dweck’s Mindset Theory (2006):</b> Dweck identified the growth mindset as a key factor in success, where challenges are seen as opportunities to improve rather than as failures.</li> <li>• <b>Vygotsky’s Zone of Proximal Development (1978):</b> Suggests that individuals can learn and grow with the right support and challenge.</li> </ul> <p>Examples:</p> <ul style="list-style-type: none"> <li>• A student struggling with math can improve with practice and learning strategies rather than believing they are "bad at math."</li> </ul> |



- A student struggling in math but believing that practice will lead to improvement.
- An entrepreneur learning from business failures rather than giving up.
- An athlete training harder after a loss instead of thinking they are not good enough.

SMART Goal Setting:

- **Developed by George Doran (1981)**, SMART goals are:
  - **Specific:** Clearly defined (e.g., "Improve my public speaking skills").
  - **Measurable:** Track progress (e.g., "Give one presentation per month").
  - **Achievable:** Realistic (e.g., "Practice speaking for 10 minutes daily").
  - **Relevant:** Aligns with larger goals (e.g., "Helps my career growth").
  - **Time-bound:** Set a deadline (e.g., "Achieve confidence in 6 months").

Daily Tracking Protocol:

- Keeping a journal to document progress and setbacks.
- Using habit-tracking apps to measure consistency.
- Reflecting on small wins each day to maintain motivation.

## 2. **Challenge Reframing (15 min):**

- Online: Participants complete an interactive quiz on reframing thoughts.
- Offline: Groups analyse scenarios and rewrite negative statements positively.
- Blended: Do the quiz online, then discuss in person.

Quiz:

### **What is a growth mindset?**

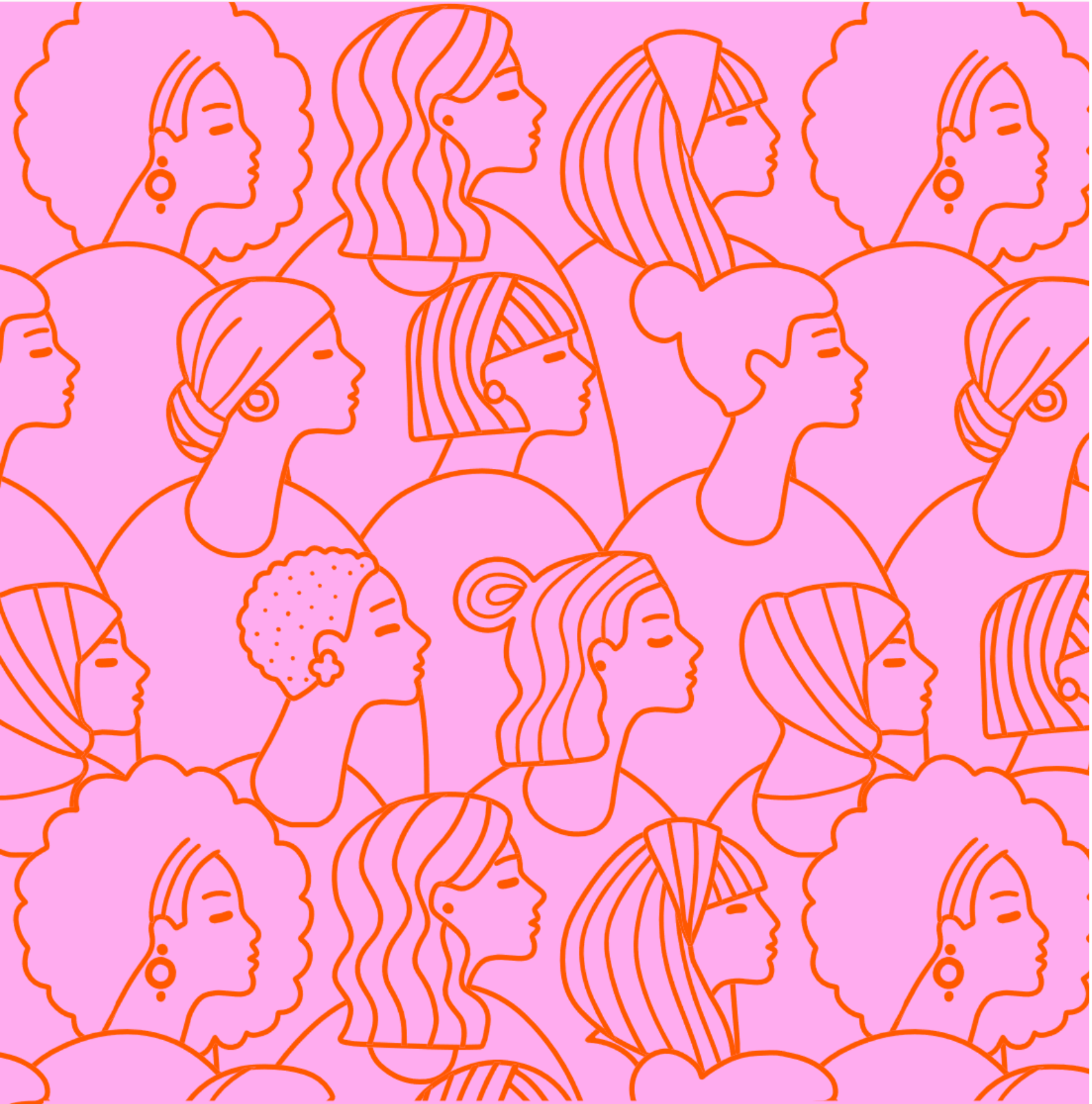
- a) Believing that intelligence and abilities can develop over time.
- b) Thinking intelligence is fixed and cannot change.

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|                                 | <p>c) Avoiding challenges.<br/>d) Ignoring feedback.</p> <p><b>How does setting SMART goals help in personal growth?</b></p> <p>a) It provides clear, measurable and realistic targets.<br/>b) It makes challenges disappear.<br/>c) It guarantees instant success.<br/>d) It prevents failure from happening.</p> <p><b>Why is tracking progress important for a growth mindset?</b></p> <p>a) It shows improvement over time.<br/>b) It prevents mistakes.<br/>c) It ensures immediate success.<br/>d) It eliminates setbacks.</p> <p>Example Scenarios:</p> <p>3. "I can't do this" → "I can't do this yet, but I can learn."<br/>4. "I always fail at this" → "I learn from every mistake."<br/>5. "I'm not good at this" → "I'm improving with practice."</p> <p>6. <b>Personal Reflection (10 min):</b></p> <ul style="list-style-type: none"> <li>○ Write about a personal challenge and reframe it.</li> </ul> <p>7. <b>Group Sharing (10 min):</b></p> <ul style="list-style-type: none"> <li>○ Discuss reflections in pairs or small groups.</li> </ul> |
| <p><b>Expected Outcomes</b></p> | <ul style="list-style-type: none"> <li>● Identifies patterns of negative or limiting internal dialogue.</li> <li>● Understands how self-talk affects emotions and behaviour.</li> </ul>   |



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|                             | <ul style="list-style-type: none"> <li>• Applies simple reframing techniques to shift toward more positive or constructive thoughts.</li> <li>• Builds a more compassionate and realistic inner voice.</li> <li>• Shows persistence when facing setbacks or difficulties.</li> <li>• Views challenges as opportunities for growth and learning.</li> <li>• Maintains a proactive and hopeful mindset under pressure.</li> <li>• Draws on internal and external resources to stay motivated.</li> </ul> |
| <b>Evaluation</b>           | <ul style="list-style-type: none"> <li>• Reflection journals.</li> <li>• Growth mindset self-assessments.</li> <li>• Peer feedback in discussions.</li> </ul>  |
| <b>Additional Resources</b> | <ul style="list-style-type: none"> <li>• <a href="#">Carol Dweck's TED Talk on the Growth Mindset.</a></li> <li>• <a href="#">Harvard Business Review: How to Develop a Growth Mindset.</a></li> <li>• <a href="#">SMART Goals – Quick Overview</a></li> </ul>   |





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Collaborative Puzzle Challenge – “The missing piece”



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| <b>Title</b>                       | <b>Collaborative Puzzle Challenge – “The missing piece”</b>  |
| <b>Objective</b>                   | This self-guided activity is designed to strengthen your problem-solving skills, attention to detail, and perseverance by completing a digital jigsaw puzzle independently. You’ll learn how to approach challenges, spot patterns, and stay focused—even when the solution isn’t immediately clear.   |
| <b>Materials needed</b>            | <ul style="list-style-type: none"> <li>• A computer or tablet with internet access</li> <li>• Online tools: Virtual puzzle apps (e.g., Jigsaw Explorer) for online sessions.<br/><a href="https://www.jigsawexplorer.com/">https://www.jigsawexplorer.com/</a></li> <li>• Pen and notebook (optional) for reflection</li> <li>• Optional: A timer or stopwatch</li> </ul>  |
| <b>Implementation instructions</b> | <p><b>Step 1: Choose your puzzle (5 minutes)</b></p> <ul style="list-style-type: none"> <li>• Go to <a href="https://www.jigsawexplorer.com/">Jigsaw Explorer</a>.</li> <li>• Choose a puzzle that interests you (ideally one with 100–150 pieces for a moderate challenge).</li> <li>• Click “Start” and begin the puzzle in full screen.</li> <li>• Optionally, set a timer to track how long it takes you to complete the puzzle</li> </ul> <p><b>Step 2: Problem-solving strategy (5 minutes)</b></p> <p>Before starting, reflect briefly on your approach:</p> <ul style="list-style-type: none"> <li>• Will you begin with the edges or group by color?</li> <li>• What will you do if you get stuck?</li> <li>• How will you stay focused if you feel frustrated?</li> </ul> <p>Write down your plan in your notebook or device.</p> <p><b>Step 3: Puzzle completion (20–25 minutes)</b></p> <p>Start solving the puzzle. As you go:</p> <ul style="list-style-type: none"> <li>• Use logic and visual clues to test where each piece might fit.</li> <li>• Pay attention to patterns, shapes, and colors.</li> </ul> |



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|                             | <ul style="list-style-type: none"> <li>• If you're stuck, take a break, zoom out, and reassess the big picture.</li> <li>• Try different strategies: grouping similar pieces, building from the center, or identifying objects in the image.</li> </ul>   |
| <b>Expected Outcomes</b>    | <ul style="list-style-type: none"> <li>• Strengthened problem-solving and strategic thinking abilities.</li> <li>• Improved focus, patience, and perseverance when facing challenges.</li> <li>• Increased self-confidence in handling complex tasks independently.</li> <li>• Enhanced visual reasoning and ability to recognize patterns.</li> <li>• A sense of accomplishment and personal growth through goal completion.</li> </ul>  |
| <b>Evaluation</b>           | <p>After completing the puzzle, take a few minutes to reflect. Write short answers to the following questions:</p> <ul style="list-style-type: none"> <li>• What strategy worked best for solving the puzzle?</li> <li>• What was the most challenging part?</li> <li>• Did you feel frustrated at any point? How did you manage it?</li> <li>• What did this experience teach you about your personal problem-solving style?</li> <li>• How can you apply these skills (patience, focus, analysis) in real-life situations?</li> </ul>   |
| <b>Additional Resources</b> | <p><b>Articles:</b></p> <p>Problem Solving:<br/> <a href="https://www.skillsyouneed.com/ips/problem-solving.html">https://www.skillsyouneed.com/ips/problem-solving.html</a></p> <p>Overview of the Problem-Solving Mental Process<br/> <a href="https://www.verywellmind.com/what-is-problem-solving-2795485">https://www.verywellmind.com/what-is-problem-solving-2795485</a></p> <p><b>Videos:</b></p> <p>Find Problem, Solve Problem   Ariana Glantz   TEDxMemphis<br/> <a href="https://www.youtube.com/watch?v=LaYVqj1E11A">https://www.youtube.com/watch?v=LaYVqj1E11A</a></p> |



Clarifying the '5 Whys' Problem-Solving Method  
<https://www.youtube.com/watch?v=SrIYkx41wEE>

**Apps:**

Elevate app:  
<https://elevateapp.com/>







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Active Listening Challenge – “Bridge of words”



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| <b>Title</b>                       | <b>Active Listening Challenge – “Bridge of words”</b>   |
| <b>Objective</b>                   | This self-paced activity strengthens your active listening, language comprehension, and communication skills by asking you to listen to a short story and then extend it meaningfully— one sentence at a time. It helps you express yourself clearly and confidently, especially in a second language or unfamiliar cultural context.   |
| <b>Materials needed</b>            | <ul style="list-style-type: none"> <li>● Internet-connected device (PC, tablet, or phone)</li> <li>● Headphones (optional but helpful)</li> <li>● Notebook or digital journal</li> <li>● Access to audio storytelling tools or videos (YouTube, podcast)</li> </ul>   |
| <b>Implementation instructions</b> | <p><b>Step 1: Listen to the story prompt (5 minutes)</b></p> <p>Search and choose a short audio story (2–3 minutes) or listen to a podcast episode excerpt related to resilience, overcoming challenges, or self-discovery in your language.</p> <p>Focus on:</p> <ul style="list-style-type: none"> <li>● Main idea</li> <li>● Emotions and tone</li> <li>● Key turning points or actions</li> </ul> <p><b>Step 2: Build your own “bridge of words” (10–15 minutes)</b></p> <p>Now, take the story forward using the "one-sentence-at-a-time" technique.</p> <ul style="list-style-type: none"> <li>● Open a Word Doc or journal.</li> <li>● Write one sentence that logically continues the story.</li> <li>● Read your sentence aloud to check tone and clarity.</li> <li>● Repeat until you’ve added at least 6–8 new sentences, building a clear and coherent ending.</li> </ul> |
| <b>Expected Outcomes</b>           | <ul style="list-style-type: none"> <li>● Improved listening skills and ability to retain key information.</li> </ul>  |



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|                                    | <ul style="list-style-type: none"> <li>• Enhanced creative thinking and ability to structure ideas clearly.</li> <li>• Increased self-confidence in expressing thoughts independently.</li> <li>• Stronger communication and reflection skills for real-life interactions.</li> <li>• Deeper awareness of language barriers and personal growth strategies.</li> </ul>  |
| <p><b>Evaluation</b></p>           | <p>After completing your story extension: Answer the following reflection questions in writing:</p> <ol style="list-style-type: none"> <li>1. What made it easy or hard to follow the story and build on it?</li> <li>2. Did you feel confident expressing your ideas in a structured way?</li> <li>3. What strategies helped you stay focused while listening?</li> <li>4. How can these skills help you in daily life (e.g., in conversations, interviews, or support networks)?</li> </ol>   |
| <p><b>Additional Resources</b></p> | <p><b>Videos:</b><br/> 5 Ways to Listen Better" – Julian Treasure (TED Talk)<br/> <a href="https://www.youtube.com/watch?v=cSo_hjIYQI2A">https://www.youtube.com/watch?v=cSo_hjIYQI2A</a></p> <p>Active Listening Skills<br/> <a href="https://www.youtube.com/watch?v=Ra6L83XwLko">https://www.youtube.com/watch?v=Ra6L83XwLko</a></p> <p><b>Articles:</b><br/> Active Listening: The Art of Empathetic Conversation<br/> <a href="https://positivepsychology.com/active-listening/">https://positivepsychology.com/active-listening/</a></p> <p>The Lost Art of Listening: A Virtuous Skill in Modern Communication<br/> <a href="https://www.linkedin.com/pulse/lost-art-listening-virtuous-skill-modern-wendy-smith-0lavf/">https://www.linkedin.com/pulse/lost-art-listening-virtuous-skill-modern-wendy-smith-0lavf/</a></p> <p>What is active listening?</p> |



<https://hbr.org/2024/01/what-is-active-listening>





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Critical Thinking Debate – “Path to solutions”



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| <b>Title</b>                       | <b>Critical thinking self-challenge: “Path to solutions”</b>   |
| <b>Objective</b>                   | To help participants build their critical thinking and decision-making skills by learning to distinguish between facts and opinions. This is especially valuable for women facing social or economic vulnerability (e.g., migrants, refugees, single mothers), who must often assess conflicting or biased information when making life decisions.   |
| <b>Materials needed</b>            | <ul style="list-style-type: none"> <li>● Internet access</li> <li>● Prepared statements list (mix of facts and opinions)</li> <li>● Access to a tool like Google Forms, Microsoft Word, Google Docs, or Notion for journaling or response tracking</li> <li>● <a href="#">Statement List (Click here)</a></li> </ul>   |
| <b>Implementation instructions</b> | <p><b>Step 1: Introduction (5 minutes)</b></p> <p>Read a short primer on the difference between a fact and an opinion:</p> <ul style="list-style-type: none"> <li>● Facts can be proven or verified.</li> <li>● Opinions express beliefs, values, or preferences and cannot be proven.</li> </ul> <p>👉 <i>Example:</i></p> <ul style="list-style-type: none"> <li>● Fact: "Women earn less than men in many industries."</li> <li>● Opinion: "Women are better multitaskers than men."</li> </ul> <p><b>Step 2: Critical Thinking Challenge (15–20 minutes)</b></p> <p>Using the statement list:</p> <ol style="list-style-type: none"> <li>1. Open the Google Doc and go through the statements one by one.</li> <li>2. Categorise each statement: <ul style="list-style-type: none"> <li>○ Write “Fact” or “Opinion” next to it.</li> <li>○ Add a brief explanation for why you believe it is a fact or opinion.</li> </ul> </li> <li>3. Tip: You can copy the statements into your own</li> </ol> |



|                             |  |
|-----------------------------|--|
|                             | <p>private Google Doc or journal for personal use.</p> <p><b>Step 3: Reflect and Apply (10 minutes)</b></p> <p>Answer the following reflection prompts in writing:</p> <ul style="list-style-type: none"> <li>• What criteria did you use to decide if something was a fact or opinion?</li> <li>• Which statement was most difficult to classify, and why?</li> <li>• How can this skill help you in your daily life (e.g., when job searching, reading news, or making personal decisions)?</li> </ul> |
| <b>Expected Outcomes</b>    | <ul style="list-style-type: none"> <li>• Improved ability to evaluate information critically</li> <li>• Greater confidence in recognizing misleading or biased statements</li> <li>• Better decision-making skills in everyday and professional life</li> <li>• Increased self-awareness of cognitive biases and communication barriers</li> </ul>   |
| <b>Evaluation</b>           | <p>Rate yourself (1 to 5) on the following:</p> <ul style="list-style-type: none"> <li>• I can tell the difference between facts and opinions.</li> <li>• I feel confident evaluating information I read online or hear from others.</li> <li>• I am more aware of how misinformation or bias may affect my choices.</li> <li>• Optional: You can repeat this self-rating before and after the activity to see your progress.</li> </ul>   |
| <b>Additional Resources</b> | <p><b>Articles:</b></p> <p>Critical Thinking: What It Is and Why It Counts<br/> <a href="https://www.researchgate.net/publication/251303244_Critical_Thinking_What_It_Is_and_Why_It_Counts">https://www.researchgate.net/publication/251303244_Critical_Thinking_What_It_Is_and_Why_It_Counts</a></p> <p>What Is Critical Thinking?<br/> <a href="https://www.mindtools.com/a4dzgwa/critical-thinking-video">https://www.mindtools.com/a4dzgwa/critical-thinking-video</a></p>                           |



Building Critical Thinking Skills to Solve Problems at Work

<https://www.business.com/articles/building-critical-thinking-skills-at-work/>

**Videos:**

5 tips to improve your critical thinking - Samantha Agoos

<https://www.youtube.com/watch?v=dltUGF8GdTw>

Jordan Peterson - The Best Way To Learn Critical Thinking

<https://www.youtube.com/watch?v=x0vUsxhMczI>



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## Adapt and Thrive: Developing Flexibility in Uncertain Situations



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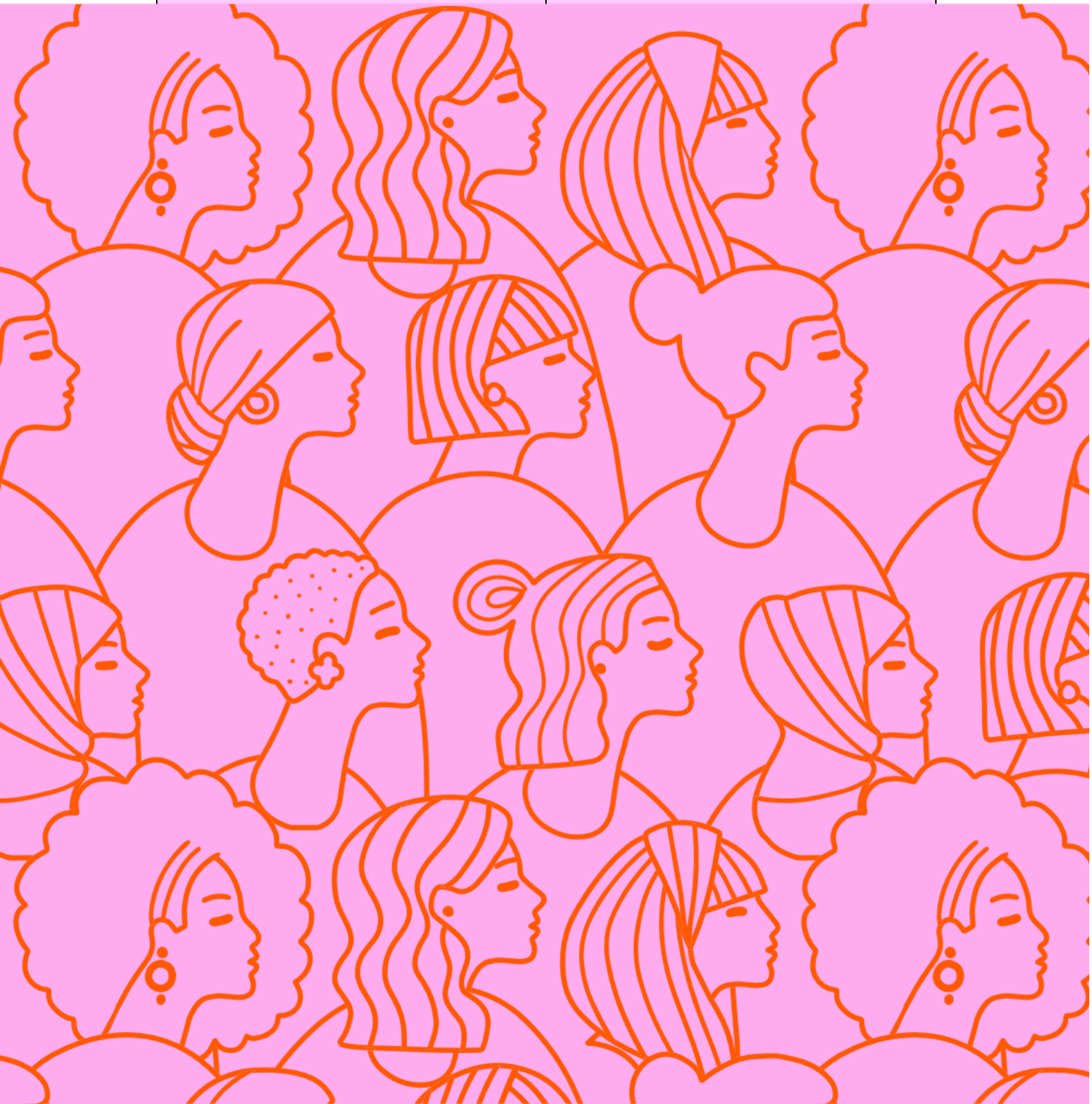
|                                    |   |
|------------------------------------|---|
| <b>Title</b>                       | Adapt and Thrive: Developing Flexibility in Uncertain Situations  |
| <b>Objective</b>                   | To help women develop confidence and practical tools to stay flexible and resilient when facing change.   |
| <b>Materials needed</b>            | <p>Device with internet access (PC, tablet, or smartphone)</p> <p>Access to online tools:</p> <ul style="list-style-type: none"> <li>• Padlet or Google Jamboard (interactive challenges)<br/> <a href="https://padlet.com/auth/logged_out">https://padlet.com/auth/logged_out</a></li> </ul>   |
| <b>Implementation instructions</b> | <p>1. Interactive Introduction (5 min)<br/> A short infographic or video introduces:</p> <ul style="list-style-type: none"> <li>• What does “flexibility” mean in everyday life?</li> <li>• Why is it helpful when navigating change?</li> <li>• Key concepts: adaptation, resilience, support.</li> </ul> <p>2. Scenario-Based Challenge (10–15 min)<br/> Via an interactive Jamboard or form:</p> <ul style="list-style-type: none"> <li>• Choose a real-life scenario (e.g., moving to a new city, facing job uncertainty).</li> <li>• Select how you would respond (multiple-choice + open text).</li> <li>• Receive feedback messages depending on selected paths.</li> </ul> <p>3. Creative Reflection (10 min)</p> |



|                             |  |
|-----------------------------|--|
|                             | <ul style="list-style-type: none"> <li>• Choose one challenge you've overcome.</li> <li>• Answer guided questions:<br/>           What was the biggest emotion?<br/>           What helped you get through?<br/>           What would you say to someone in a similar situation?</li> <li>• Optional: record a short voice message or write a journal entry.</li> </ul> <p>4. Self-Affirmation Activity (5 min)<br/>           Complete the sentence:<br/> <i>"I adapt well when..."</i><br/>           Then choose or create a motivational image/quote to save as a reminder.</p> <p>5. Closing Message and Reward (5 min)<br/>           Participants unlock a downloadable wallpaper or badge after completion.<br/>           Option to sign up for a reminder email.</p> |
| <b>Expected Outcomes</b>    | <ul style="list-style-type: none"> <li>• Increased self-confidence in facing new challenges.</li> <li>• Personalised strategies for flexibility and emotional resilience.</li> <li>• A positive and encouraging mindset for future change.</li> </ul>  |
| <b>Evaluation</b>           | <p>Optional feedback form at the end of the activity.<br/>           Downloaded reflections as proof of progress.<br/>           Optional sharing in online forum.</p>   |
| <b>Additional Resources</b> | <p>"The Power of Resilience" (YouTube playlist)<br/> <a href="https://www.youtube.com/watch?v=jUUbddiqVgY">https://www.youtube.com/watch?v=jUUbddiqVgY</a></p>   |



"Why Change is so scary" – TEDx  
Talk <https://www.youtube.com/watch?v=Tt0arZN6EBM>



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## Learning Reflection Log: Discovering How You Learn Best



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|                                    |  |
|------------------------------------|--|
| <b>Title</b>                       | Learning Reflection Log: Discovering How You Learn Best  |
| <b>Objective</b>                   | This activity helps you understand your learning journey, build confidence, recognize your progress, and face challenges with strength. You take charge of your own growth.  |
| <b>Materials needed</b>            | <p><b>Online:</b></p> <ul style="list-style-type: none"> <li>- Digital or printable Learning Reflection Log template (Google Docs, Notion)</li> <li>- Self-Evaluation Questionnaire (Google Forms or similar)</li> <li>- Device with internet access (smartphone, tablet, computer)</li> <li>- Access to online group chats or discussion forums (e.g., WhatsApp, Zoom)</li> </ul> <p><b>Offline:</b></p> <ul style="list-style-type: none"> <li>- Printed Learning Reflection Log sheets</li> <li>- Printed Self-Evaluation Questionnaires</li> <li>- Pen or pencil</li> <li>- Quiet space for thinking and writing</li> </ul> <p><b>Blended:</b></p> <ul style="list-style-type: none"> <li>- Printed and digital materials combined</li> <li>- Device access and occasional face-to-face meetings</li> <li>- WhatsApp group or similar for ongoing sharing and support</li> </ul> |
| <b>Implementation instructions</b> | <p><b>1. Introduction (5 min):</b></p> <p>Explain managing learning as the ability to take charge of your own learning journey. It means setting goals, monitoring your progress, reflecting on your experiences, and adjusting your strategies to improve. Managing learning helps you become more confident and independent in your growth.</p> <p><b>Definition:</b></p> <p>Managing learning is the process of planning, monitoring, and evaluating your learning to achieve your personal and professional goals. It involves self-reflection, goal-setting, and taking responsibility for your development.</p> <p><b>Theoretical Background:</b></p> <ul style="list-style-type: none"> <li>• Zimmerman’s Self-Regulated Learning Theory (1989):<br/>Focuses on how learners actively plan, monitor,</li> </ul>   |



and evaluate their own learning process to become independent and strategic.

- Knowles' Adult Learning Theory (Andragogy, 1984):  
Highlights the importance of self-direction and practical goals for adult learners.
- LifeComp Framework (European Commission, 2020):  
Identifies "Managing Learning" as a key life competence involving reflection, goal-setting, and taking responsibility for continuous personal growth.

**Example:**

- If you find yourself struggling with a topic, managing learning means you recognize this and decide to try a new way to understand it or ask for help.
- Setting a weekly goal like "I will spend 30 minutes practicing vocabulary every day" and tracking your progress.
- Reflecting honestly on what helped you learn and what made it difficult.

**Active Learning Techniques:**

- Goal Setting: Write down clear, achievable learning goals.
- Self-Monitoring: Regularly check your progress against your goals.
- Reflection: Ask yourself questions like "What did I learn?", "What challenges did I face?", and "How can I improve next time?"
- Seeking Support: Know when and how to ask for help or advice.

**4. Reflection Activity (15 min):**

1. Online: Write or type a learning reflection journal entry about what you achieved, difficulties faced, and your feelings about your progress. Share your reflections in an online forum or chat group if comfortable.

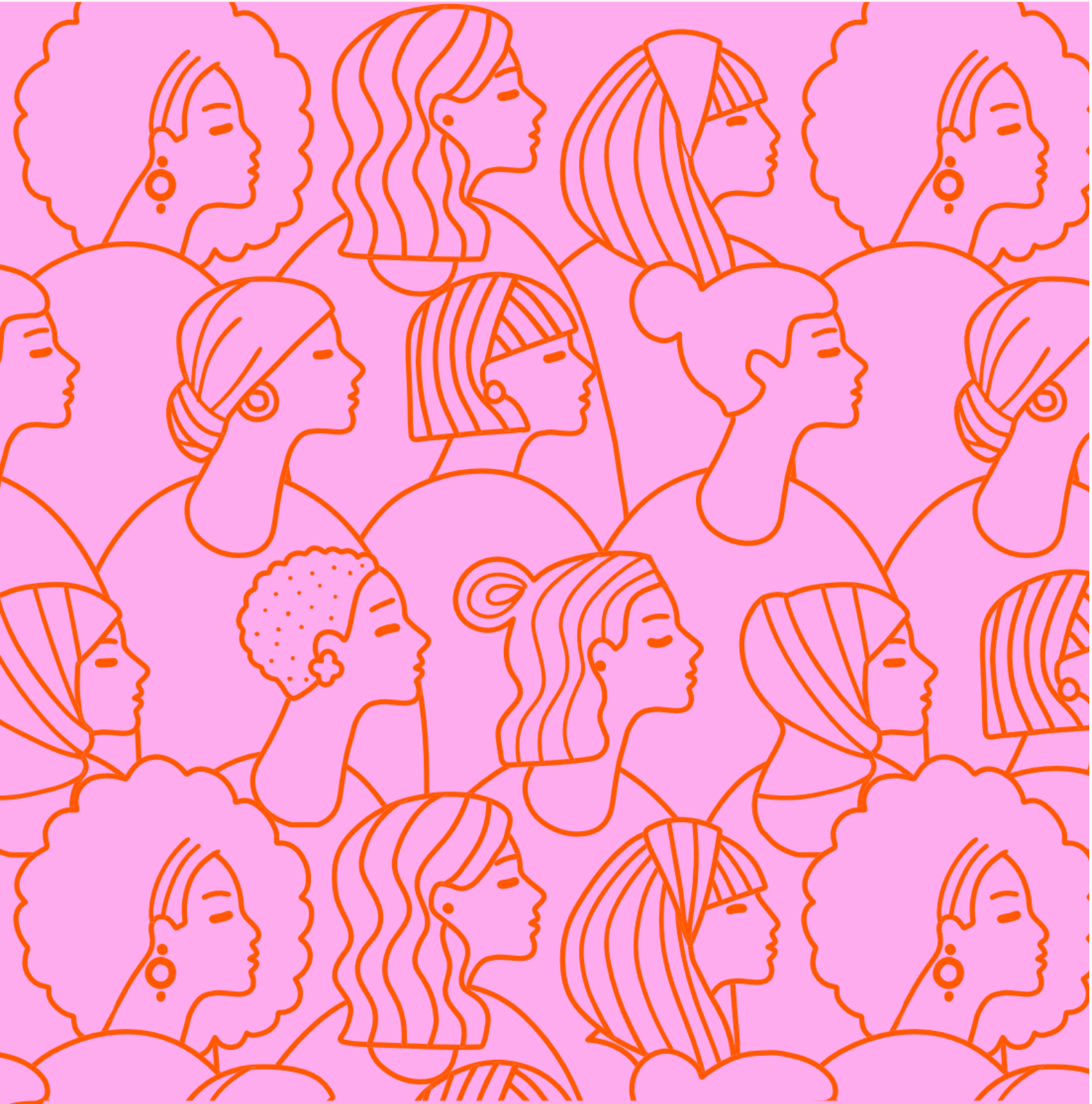


|                                 |  |
|---------------------------------|--|
|                                 | <p>2. Offline: Write reflections on paper, then discuss your experiences in pairs or small groups.</p> <p>3. Blended: Combine online journaling with face-to-face group discussions.</p> <p><b>5. Role-Playing (15 min):</b></p> <p>Participants simulate real-life scenarios to practice managing learning skills, such as:</p> <ul style="list-style-type: none"> <li>○ Planning a study schedule while balancing work and family commitments.</li> <li>○ Asking for help when struggling with a new skill.</li> <li>○ Reflecting on a difficult learning experience and discussing ways to improve.</li> </ul> <p><b>6. Wrap-Up Reflection (5 min):</b></p> <p><b>Online:</b> Write a short journal entry summarizing what you learned about managing your learning.</p> <p><b>Offline:</b> Share your main insights with a partner.</p> <p><b>Blended:</b> Use both methods to consolidate learning.</p> |
| <p><b>Expected Outcomes</b></p> | <ul style="list-style-type: none"> <li>● Recognizes that people’s views are shaped by culture, background, and experience.</li> <li>● Acknowledges multiple viewpoints in discussions or decision-making.</li> <li>● Avoids snap judgments; shows openness to differing opinions.</li> <li>● Uses language that reflects consideration of others’ perspectives.</li> <li>● Listens actively and responds with emotional sensitivity.</li> <li>● Validates others’ feelings through supportive words and actions.</li> </ul>  |



|                             |   |
|-----------------------------|---|
|                             | <ul style="list-style-type: none"> <li>• Demonstrates compassion, even in stressful or conflicting situations.</li> <li>• Builds more respectful and understanding relationships.</li> </ul>  |
| <b>Evaluation</b>           | <ul style="list-style-type: none"> <li>• Reflect on your progress weekly</li> <li>• Share your experiences if comfortable</li> <li>• Use feedback to improve your learning habits</li> </ul>  |
| <b>Additional Resources</b> | <ul style="list-style-type: none"> <li>• UN Women: <a href="https://www.unwomen.org/en/news/in-focus/women-and-the-sdgs/sdg-education-and-training">https://www.unwomen.org/en/news/in-focus/women-and-the-sdgs/sdg-education-and-training</a></li> <li>• Global Fund for Women: <a href="https://www.globalfundforwomen.org/resources/">https://www.globalfundforwomen.org/resources/</a></li> <li>• Women's Refugee Commission: <a href="https://www.womensrefugeecommission.org/resources/">https://www.womensrefugeecommission.org/resources/</a></li> <li>• Free Online Learning Platforms: Coursera (<a href="https://www.coursera.org">https://www.coursera.org</a>), edX (<a href="https://www.edx.org">https://www.edx.org</a>)</li> </ul> |





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## Offline Materials



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|   |  |
|---|--|
| <p><b>Title</b></p>                       | <p>"Building My Mission and Cultivating Daily Gratitude for Holistic Wellbeing"</p>  |
| <p><b>Objective</b></p>                   | <p><b>Identify and Clarify Personal Values:</b> Participants will reflect on what they truly value in life to define their personal mission.</p> <p><b>Foster Self-Awareness and Growth:</b> By developing a personal mission statement, participants will set goals aligned with their overall wellbeing.</p> <p><b>Incorporate the Practice of Gratitude:</b> Participants will learn to recognize and record at least three positive aspects daily, enhancing emotional resilience and wellbeing.</p>   |
| <p><b>Implementation instructions</b></p> | <p>This is the third activity in the series available on the web platform where participants can independently explore different tools to improve. This one focuses on building a <b>Personal Mission Statement</b> and practicing <b>Daily Gratitude</b> through interactive and reflective exercises.</p> <p><b>Activity Structure</b></p> <ol style="list-style-type: none"> <li>1. <b>Visual Introduction:</b> Interactive Infographic</li> <li>2. <b>Practical Exercises:</b> "Personal Mission Builder" and "Gratitude Reflection"</li> <li>3. <b>Closing Message</b> with <b>Motivation and Downloadable Reward</b></li> </ol> <p>The activity is designed for users to progress at their own pace within a simple and user-friendly interface.</p> <p><b>1. Visual Introduction: Interactive Infographic (5 min)</b></p> <p>An <b>introductory infographic</b> presents key information about the two main concepts:</p> |



- What is a Personal Mission Statement, and how can it guide daily decisions and actions?
- Why is gratitude a powerful tool for emotional well-being?
- How do both tools complement each other to foster a clear purpose and a positive mindset?

**Format and Functionality:**

- The infographic includes expandable or clickable sections with short explanations and examples.
- Visual elements such as icons, illustrations, or graphics reinforce key messages.

**2. Exercise 1: "Personal Mission Builder" (15 min)**

An interactive, step-by-step form that helps structure a Personal Mission Statement.

**Interaction and Process:**

- A series of guided questions with predefined options and open-text fields allow personalization.
- As each step is completed, the responses are automatically combined into an initial mission statement.

**Steps of the Exercise:**

1. Selecting Core Values (predefined list with an option to add custom values).
2. Defining the Desired Impact (guided question with examples).
3. Identifying Key Strengths and Skills (multiple-choice selection with customization options).
4. Generating the Final Mission Statement, which is editable and based on the previous responses.

**Outcome:** Users receive a digital mission card that they can download, share, or email.



|                                 |  |
|---------------------------------|--|
|                                 | <p><b>3. Exercise 2: "Gratitude Reflection" (15 min)</b></p> <p>A guided gratitude journaling exercise with three key reflection prompts.</p> <p><b>Interaction and Process:</b></p> <ul style="list-style-type: none"> <li>• Three structured prompts encourage self-reflection.</li> <li>• The questions are designed to cover different dimensions of gratitude (personal, social, and environmental).</li> </ul> <p><b>Exercise Questions:</b></p> <ol style="list-style-type: none"> <li>1. A recent moment they feel grateful for.</li> <li>2. A person to express gratitude to and why.</li> <li>3. A positive aspect of themselves that they appreciate today.</li> <li>4. A daily affirmation to help them remember why they should be grateful today.</li> </ol> <p><b>Outcome:</b> Users can save or download their reflection, reinforcing the long-term habit of gratitude.</p> <p><b>4. Closing and Motivational Reward (5 min)</b></p> <p>Upon completing both exercises, participants unlock a closing message with an inspirational quote, along with a special downloadable reward as an incentive.</p> <p><b>Final Elements:</b></p> <ul style="list-style-type: none"> <li>• Encouraging completion message.</li> <li>• Option to download a personalized wallpaper featuring their Mission Statement.</li> <li>• Possibility to receive a motivational email reminder.</li> </ul> |
| <p><b>Expected Outcomes</b></p> | <p><b>Personal Mission Statement:</b> Each participant will have drafted a clear</p>   |



|                                    |  |
|------------------------------------|--|
|                                    | <p>personal mission that reflects their values and wellbeing goals.</p> <p><b>Gratitude Practice:</b> Participants will begin a daily practice of gratitude, acknowledging positive aspects of their lives and enhancing their emotional wellbeing.</p> <p><b>Increased Self-Awareness:</b> Participants will gain greater clarity regarding their goals and the steps needed to achieve them, integrating self-reflection and self-care practices.</p>  |
| <p><b>Evaluation</b></p>           | <p>Evaluate the personal mission statements for clarity and connection to core values.</p>   |
| <p><b>Additional Resources</b></p> | <p><b>Articles:</b></p> <ul style="list-style-type: none"> <li>• "The Power of a Personal Mission Statement for Personal Growth": <a href="https://www.linkedin.com/pulse/power-personal-mission-crafting-your-lifes-vision-steve-conley-zlwee#:~:text=A%20personal%20mission%20statement%20acts,term%20goals%20and%20true%20selves.">https://www.linkedin.com/pulse/power-personal-mission-crafting-your-lifes-vision-steve-conley-zlwee#:~:text=A%20personal%20mission%20statement%20acts,term%20goals%20and%20true%20selves.</a></li> <li>• "How Gratitude Transformed My Life": <a href="https://grateful.org/gratitude-transformed-life-finally-able-love-body/">https://grateful.org/gratitude-transformed-life-finally-able-love-body/</a></li> </ul> <p><b>Videos:</b></p> <ul style="list-style-type: none"> <li>• How to Write a Personal Mission Statement!: <a href="https://www.youtube.com/watch?v=LT9IsCISXCI&amp;pp=ygU0QSB2aWRlbyBvbiBob3cqdG8gY3JhZnQgYSBwZXJzb25hbCBtaXNzaW9uIHNOYXRlbWVudA%3D%3D">https://www.youtube.com/watch?v=LT9IsCISXCI&amp;pp=ygU0QSB2aWRlbyBvbiBob3cqdG8gY3JhZnQgYSBwZXJzb25hbCBtaXNzaW9uIHNOYXRlbWVudA%3D%3D</a></li> <li>• The Science of Gratitude: <a href="https://youtu.be/JMd1CcGZYwU?feature=shared">https://youtu.be/JMd1CcGZYwU?feature=shared</a></li> </ul> <p><b>Tools:</b></p> <p>Online Activity:</p> |



- Instructions:  
[https://drive.google.com/file/d/1aAC\\_FWd7DoIN-O4pip3Gq6iOqD6tRiwg/view?usp=sharing](https://drive.google.com/file/d/1aAC_FWd7DoIN-O4pip3Gq6iOqD6tRiwg/view?usp=sharing)
- Infographic:  
[https://drive.google.com/file/d/1pU8\\_oktfCeKWWzRCsHjVju3uVqlrg8Hn/view?usp=sharing](https://drive.google.com/file/d/1pU8_oktfCeKWWzRCsHjVju3uVqlrg8Hn/view?usp=sharing)
- **Personal Mission Statement:**  
<https://drive.google.com/file/d/1YodsoBpKedAHWcUeBVYy2q36RTD13lNg/view?usp=sharing>
- Gratitude Journal:  
[https://drive.google.com/file/d/10eJNxpwLy1v1u\\_-UHEXAh3s5LYPP0Ave/view?usp=sharing](https://drive.google.com/file/d/10eJNxpwLy1v1u_-UHEXAh3s5LYPP0Ave/view?usp=sharing)

**Mobile applications for recording daily gratitude** (e.g., "Grateful" or "365 Gratitude").

**Books and Studies:**

- "The Gratitude Diaries" by Janice Kaplan:  
[https://www.google.pt/books/edition/The\\_Gratitude\\_Diaries/SGx6CAAQBAJ?hl=en&gbpv=0](https://www.google.pt/books/edition/The_Gratitude_Diaries/SGx6CAAQBAJ?hl=en&gbpv=0)
- Positive PsychologyCenter:  
<https://ppc.sas.upenn.edu/#:~:text=Positive%20Psychology%20is%20the%20scientific,love%2C%20work%2C%20and%20play.>





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# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT  
ON THE THINGS YOU'RE THANKFUL FOR

A RECENT MOMENT TO BE GRATEFUL FOR

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A PERSON TO EXPRESS GRATITUDE TO AND WHY



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A POSITIVE ASPECT OF YOURSELF YOU APPRECIATE TODAY

*Daily Affirmation*

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# Your Purpose & Gratitude Journey

What is a Personal Mission?



Why Does a Gratitude Journal Improve Well-being?



How do both tools complement each other to foster a clear purpose and a positive mindset?



# Your Purpose & Gratitude Journey

## What is a Personal Mission?

**A Personal Mission is a statement that describes your values, goals, and purpose in life. It helps you make decisions that align with what truly matters to you.**



## Why Does a Gratitude Journal Improve Well-being?

**How do both tools complement each other to foster a clear purpose and a positive mindset?**



# Your Purpose & Gratitude Journey

## What is a Personal Mission?

**A Personal Mission is a statement that describes your values, goals, and purpose in life. It helps you make decisions that align with what truly matters to you.**



## Why Does a Gratitude Journal Improve Well-being?

**Practicing gratitude strengthens the mind and emotions, helping you to:**

- Recognize the positive aspects of your daily life.
- Reduce stress and anxiety.
- Increase happiness and resilience.



**How do both tools complement each other to foster a clear purpose and a positive mindset?**



# Your Purpose & Gratitude Journey

## What is a Personal Mission?

**A Personal Mission is a statement that describes your values, goals, and purpose in life. It helps you make decisions that align with what truly matters to you.**



## Why Does a Gratitude Journal Improve Well-being?

**Practicing gratitude strengthens the mind and emotions, helping you to:**

- Recognize the positive aspects of your daily life.
- Reduce stress and anxiety.
- Increase happiness and resilience.



## How do both tools complement each other to foster a clear purpose and a positive mindset?

**A Personal Mission Statement** acts as a guide by outlining your values, goals and desired impact, giving you clear direction. A **Gratitude Journal**, helps you focus on the daily positives, building appreciation and optimism. Together, **they keep you focused on your long-term goals** while grounding you in everyday victories, making it easier to navigate life with purpose and joy.



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# **WomenUp Activity: "Your Purpose & Gratitude Journey"**

## **Activity Structure**

- 1. Visual Introduction:** Interactive Infographic
- 2. Practical Exercises:** "Personal Mission Builder" and "Gratitude Reflection"
- 3. Closing Message with Motivation and Downloadable Reward**

The activity is designed for users to progress at their own pace within a simple and user-friendly interface.

## **Visual Introduction - Interactive Infographic**

([https://drive.google.com/file/d/1pU8\\_oktfCeKWWzRCsHjVju3uVqlrq8Hn/view?usp=sharing](https://drive.google.com/file/d/1pU8_oktfCeKWWzRCsHjVju3uVqlrq8Hn/view?usp=sharing))

Participants will see an interactive infographic, and by clicking on elements (white stars), they will receive these responses.

### **1. What is a Personal Mission?**

A Personal Mission is a statement that describes your values, goals, and purpose in life. It helps you make decisions that align with what truly matters to you.

#### **Video:**

<https://www.youtube.com/watch?v=LT9IsCISXCI&pp=ygU0QSB2aWRlbyBvbiBob3cqdG8qY3JhZnQgYSBwZXJzb25hbCBtaXNzaW9uIHNOYXRibWVudA%3D%3D>

### **2. Why Does a Gratitude Journal Improve Well-being?**

Practicing gratitude strengthens the mind and emotions, helping you to:

- Recognize the positive aspects of your daily life.
- Reduce stress and anxiety.
- Increase happiness and resilience.

**Example:** Writing down three things you are grateful for at the end of the day can improve your mood and overall well-being.

**Video:** <https://youtu.be/JMd1CcGZYwU?feature=shared>

- 3. How do both tools complement each other to foster a clear purpose and a positive mindset?** A Personal Mission Statement acts as a guide by outlining your values, goals and desired impact, giving you clear direction. A Gratitude Journal, helps you focus on the daily positives, building appreciation and optimism. Together, they keep you focused on your long-term goals while grounding you in everyday victories, making it easier to navigate life with purpose and joy.

**Article:**

<https://ppc.sas.upenn.edu/#:~:text=Positive%20Psychology%20is%20the%20scientific,love%2C%20work%2C%20and%20play>

### **Format and Functionality:**

- The infographic includes **expandable or clickable sections** with short explanations and examples.
- Visual elements such as **videos or articles** reinforce key messages.

## **Personal Mission Builder**

**Format:** Step-by-step interactive form with predefined answers and an open response option.

### **1. Selecting Core Values**

**Question:** What are the three most important values to you?

**Answer choices (multiple selection, max 3):**

- Honesty
- Empathy
- Creativity
- Responsibility
- Justice
- Perseverance
- Freedom
- Respect
- Gratitude
- Collaboration
- Self-love
- Curiosity
- Other: (open text field)

## 2. Defining Desired Impact on the World

**Question:** How would you like to make an impact on others and the world?

**Answer choices (single selection with customization option):**

- "I want to inspire others to..."
- "My purpose is to improve the world through..."
- "I want to help people by..."
- "My greatest satisfaction comes from contributing to..."
- Open text field for personalization.

## 3. Identifying Strengths and Key Skills

**Question:** What are your main strengths or talents?

**Answer choices (multiple selection, max 3):**

- Leadership
- Problem-solving
- Artistic skills
- Communication
- Active listening
- Innovation
- Teamwork
- Adaptability
- Emotional intelligence
- Organization
- Other: (open text field)

## 4. Constructing the Final Mission Statement

**Result:** Based on the answers provided, the system will automatically generate an initial Personal Mission Statement, which the participant can personalize before downloading.

**Example of a Generated Personal Mission Statement:**

*"My mission is to live with (value 1), (value 2), and (value 3). I want to (selected impact), using my talents in (strength 1) and (strength 2) to make a difference in the world."*

**Editable field:** Users can modify the text before downloading their final mission card.

**Download available:** Digital card with the Personal Mission Statement.

## Gratitude Reflection

**Format:** Guided journal with three questions and space for personal responses.

### 1. A Recent Moment to Be Grateful For

**Question:** Think of something good that happened to you in the past few days. What was it, and how did it make you feel?

**Open text response field**

### 2. A Person to Express Gratitude To and Why

**Question:** Who has done something meaningful for you recently? How could you express your gratitude?

**Answer choices (single selection with customization option):**

- Sending them a thank-you message.
- Expressing it in person.
- Doing a kind action in their honor.
- Reflecting internally and appreciating their impact in my life.
- Other: (open text field)

**Optional response:** Space to write a short gratitude message.

### 3. A Positive Aspect of Yourself You Appreciate Today

**Question:** What quality or positive action makes you feel proud of yourself today?

**Answer choices (single selection with customization option):**

- My ability to adapt.
- My effort and dedication.
- My patience and understanding toward others.
- My courage in facing challenges.
- Other: (open text field)

### 4. Write an affirmation to help you remember why you should be grateful today.

**Result:** A summary of the Gratitude Journal will be generated, which the participant can download.

([https://drive.google.com/file/d/10eJNxpWLy1v1u\\_-UHEXAh3s5LYPP0Ave/view?usp=sharing](https://drive.google.com/file/d/10eJNxpWLy1v1u_-UHEXAh3s5LYPP0Ave/view?usp=sharing))

**Suggestion:** Mobile applications for recording daily gratitude (e.g., "Grateful" or "365 Gratitude").

## Closing and Motivational Reward

### Final message:

*"Your well-being is built day by day through small actions. Now you have your mission and gratitude as tools to move forward."*

### Downloadable rewards:

- Personal Mission Statement Card
- Personal Gratitude Journal (PDF)
- Option to receive a weekly email reminder to do their Personal Gratitude Journal and complete their Personal Mission Statement.
- Recommendations:
  - "The Power of a Personal Mission Statement for Personal Growth":  
<https://www.linkedin.com/pulse/power-personal-mission-crafting-your-lifes-vision-steve-conley-z1wee#:~:text=A%20personal%20mission%20statement%20acts,te rm%20goals%20and%20true%20selves.>
  - "How Gratitude Transformed My Life":  
<https://grateful.org/gratitude-transformed-life-finally-able-love-body/>
  - "The Gratitude Diaries" by Janice Kaplan:  
[https://www.google.pt/books/edition/The\\_Gratitude\\_Diaries/SGx6CAAQBAJ?hl=en&qbpv=0](https://www.google.pt/books/edition/The_Gratitude_Diaries/SGx6CAAQBAJ?hl=en&qbpv=0)



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