



EMPOWERMENT

TOOLS TO HELP EMPOWER YOUNG PEOPLE
TO REACH THEIR FULL POTENTIAL

WHEEL OF LIFE

Engagement activity for young people



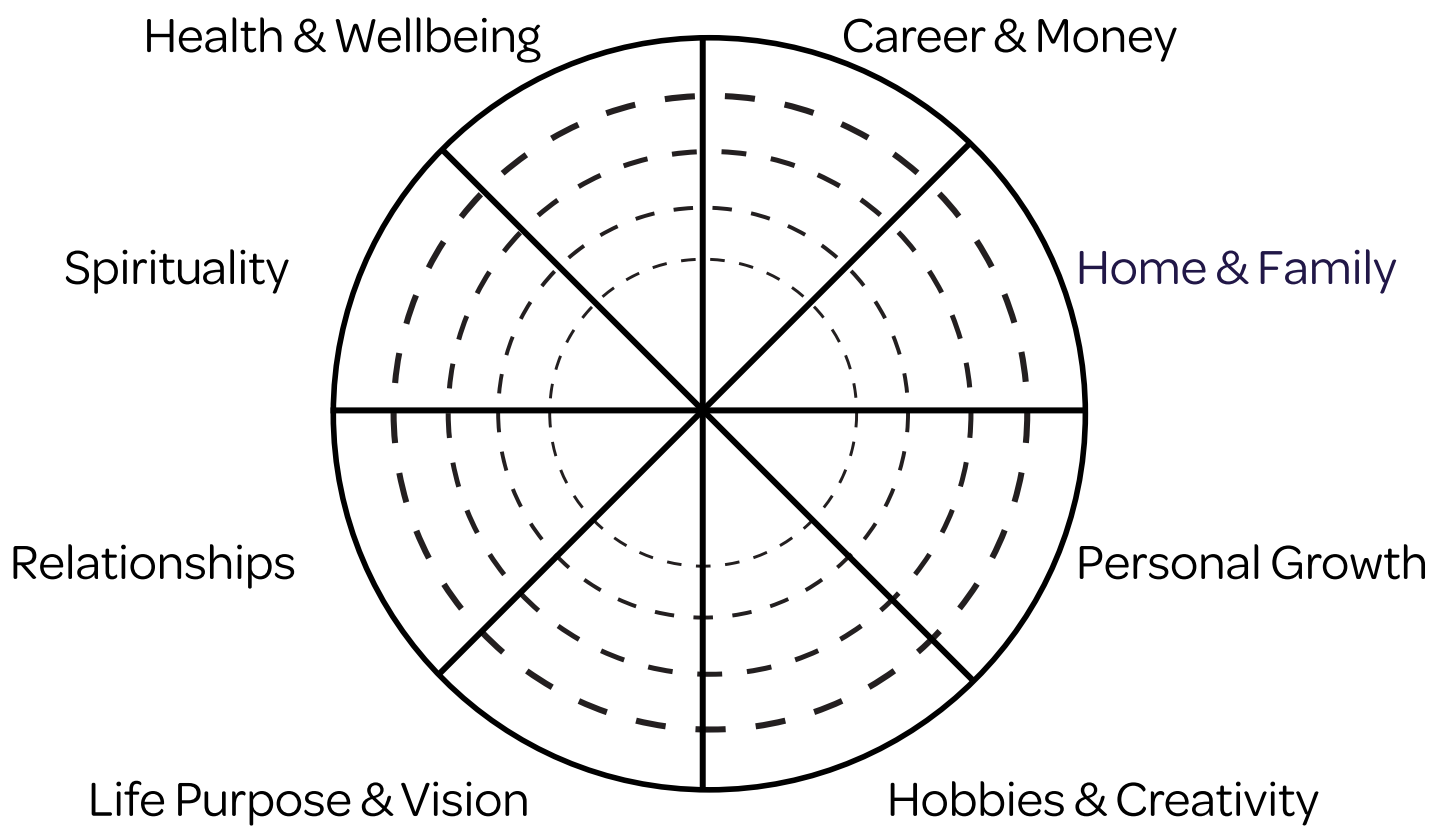
20-30 minutes

The Wheel of Life is a visual tool that helps young people measure the different areas of their life to understand how balanced it is and identify areas for improvement. It's good to complete it with a young person at the beginning of their journey and again at 3, 6 & 9 months to reflect on their progress and help them recognise if they are on track with their personal goals.

Use the worksheet on the next page and a pen/pencil or coloured pencils. Ask the young person to score each area of their life by entering a number 1-4 in the relevant box or colouring in the correct number of wheel segments. You could also ask why they chose that score, what their ideal score might be, and which areas of their life they might want to focus on.

Wheel of Life

An important thing to remember is that this is YOUR Wheel of Life



NB - Being spiritual is synonymous with feeling a sense of connection and compassion to the world around you.

BUILDING SELF CONFIDENCE

Engagement activity for young people



20-30 minutes

Self-confidence means trusting in your judgment, capacities and abilities. It's about valuing yourself and feeling worthy, regardless of imperfections or what others may believe about you.

Building self-confidence can be an important part of personal development as it helps young people find ways to believe in themselves, making it easier to appreciate their strengths and recognise their progress.

Using the worksheets on the following pages, ask your young person to give themselves a score for each question. After that, ask them to determine which areas of their life need attention from the results. You can help young people to improve their confidence levels by helping them to put into place strategies that will increase their scores in those areas.

How to Build Confidence

EVALUATE YOUR CONFIDENCE LEVELS

Statement	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
I have a clear sense of what's important to me					
I know what I want in my life					
I admit my mistakes and know that setbacks can be learned from					
I can stand back and think clearly when things get emotional					
I make other people feel good about themselves					
Even though I dive into new opportunities I have a balanced perspective about risk taking					
People know me as being an optimistic					
I respect myself and others					
I am realistic about my strengths and weaknesses					
I know what others consider to be my strengths					
Even though I dive in to new opportunities, I have a balanced perspective about risk taking					
I have positive yet realistic experiences					
I am clear about my purpose in life					
I freely ask for help					
I am able to see the wider perspective and the smaller details of a situation					
I enjoy taking on new challenges					
I take care of my mind and body					
I seek out opportunities to learn and grow					
I handle stress with ease and don't take things too personally					

YOUR SCORE

Score yourself as follows:

5 points for strongly agree

4 for agree

3 for neutral

2 for disagree

1 for strongly disagree

Add up your points and check below to see how you rated.

80-100 – The Top! You are a confident person and are clear with your purpose in life. You know what you want and confidently strive for it.

60-80 – Great! You are fairly confident but there are a few areas that bring you down. You can tweak a few things to increase your confidence levels.

40-60 – You're on track! At times you may experience confusion about your life and where you want to go, what you want to do and who you want to be. Take some time to work on the areas that need attention and you'll be surprised with the results.

20-40 – You've been knocked around and your confidence may be low right now. You don't have to remain stuck in this situation though. It's time to take action and use personal development techniques to increase your confidence.

SELF EVALUATION

Now it's your turn. Take another look at your scoring and try to determine which areas of your life need your attention. Have a look at where you ranked strongly disagreed and see if there are similar questions that brought your score down.

Some people are naturally more confident in some areas of their life, while in others areas they are lacking confidence. It's easy to improve your confidence levels by first determining where you are low and then put into place strategies that will increase those areas.

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