



**Purpose Project** exists to help young people develop their voice in the face of changing world, and with the events of the past few weeks— reflection, resilience, and adaptation are more important than ever. As we adjust to this new normal, we wanted to send a few of our favorite resources to you. *We hope these activities bring a small glimmer of hope at this uncertain moment in time.*

**Before you proceed, be  
sure you can see the  
directions in the speaker  
notes below**

**MAKE A COPY  
OF THIS DECK**

**Complete through  
slide 14**



# Sharing Strengths

Your strengths are an asset to both you and the people around you, especially in a moment where we all need support. How might you lean on your strengths to heal, help, and grow?



25 min



Journaling



Platform

## ACTIVITY STEPS

1. Reflect on the tools you already have (your strengths) and how you can use them during the next few weeks. Read through the list of strengths on the following page and circle a few strengths that you embody.
2. **Strengths to heal:** You can use your strengths to practice self care. Write down one strength that you can use to care for yourself and how you plan to do this in your day to day.
3. **Strengths to help:** You have strengths that others may be struggling with right now. Write down one strength you can use to help others and how you will put this into action.
4. **Strengths to grow:** This challenging time can be an opportunity to grow a new strength. Write down one you want to practice during this time and why it is important to you.
5. If there's someone who you want to share this with, talk through your strengths and ideas for putting them into action. If this is someone you will talk with regularly, talk about how they can support you as you grow a new strength.



# Sharing Strengths

## STEP 1: CHARACTER STRENGTHS

 <b>Creativity</b> Thinking of new ways to do things is a crucial part of who you are. LIKE ME? <input type="checkbox"/> Y <input type="checkbox"/> N	 <b>Curiosity</b> You like exploration and discovery. LIKE ME? <input type="checkbox"/> Y <input type="checkbox"/> N	 <b>Judgment</b> You think things through and examine them from all sides. LIKE ME? <input type="checkbox"/> Y <input type="checkbox"/> N	 <b>Love of Learning</b> You have a passion for mastering new skills, topics, and bodies of knowledge. LIKE ME? <input type="checkbox"/> Y <input type="checkbox"/> N	 <b>Perspective</b> People who know you consider you to be wise. LIKE ME? <input type="checkbox"/> Y <input type="checkbox"/> N	 <b>Honesty</b> You live your life in a genuine and authentic way. LIKE ME? <input type="checkbox"/> Y <input type="checkbox"/> N	 <b>Zest</b> You approach everything you do with excitement and energy. LIKE ME? <input type="checkbox"/> Y <input type="checkbox"/> N	 <b>Humor</b> Bringing laughter and joy to other people is important to you. LIKE ME? <input type="checkbox"/> Y <input type="checkbox"/> N
 <b>Teamwork</b> You excel as a contributing member of a group. LIKE ME? <input type="checkbox"/> Y <input type="checkbox"/> N	 <b>Fairness</b> One of your abiding principles is to treat all people fairly. LIKE ME? <input type="checkbox"/> Y <input type="checkbox"/> N	 <b>Leadership</b> You excel at encouraging others to get things done. LIKE ME? <input type="checkbox"/> Y <input type="checkbox"/> N	 <b>Kindness</b> You are empathetic and generous to others. LIKE ME? <input type="checkbox"/> Y <input type="checkbox"/> N	 <b>Forgiveness</b> You forgive those who have done you wrong. LIKE ME? <input type="checkbox"/> Y <input type="checkbox"/> N	 <b>Self-regulation</b> You are a disciplined person. LIKE ME? <input type="checkbox"/> Y <input type="checkbox"/> N	 <b>Social Intelligence</b> You know how to fit in to different situations. LIKE ME? <input type="checkbox"/> Y <input type="checkbox"/> N	 <b>Humility</b> You do not seek the spotlight and others recognize and value your modesty. LIKE ME? <input type="checkbox"/> Y <input type="checkbox"/> N
 <b>Appreciation of Beauty</b> You notice and appreciate beauty and excellence in all domains of life. LIKE ME? <input type="checkbox"/> Y <input type="checkbox"/> N	 <b>Gratitude</b> You are aware of good things that happen and don't take them for granted. LIKE ME? <input type="checkbox"/> Y <input type="checkbox"/> N	 <b>Hope</b> You expect the best in the future, and you work to achieve it. LIKE ME? <input type="checkbox"/> Y <input type="checkbox"/> N	 <b>Spirituality</b> Your beliefs shape your actions and are a source of comfort to you. LIKE ME? <input type="checkbox"/> Y <input type="checkbox"/> N	 <b>Love</b> You value close relationships with others. LIKE ME? <input type="checkbox"/> Y <input type="checkbox"/> N	 <b>Prudence</b> You are a careful person. LIKE ME? <input type="checkbox"/> Y <input type="checkbox"/> N	 <b>Bravery</b> You do not shrink from threat, challenge, difficulty, or pain. LIKE ME? <input type="checkbox"/> Y <input type="checkbox"/> N	 <b>Perseverance</b> You work hard to finish what you start. LIKE ME? <input type="checkbox"/> Y <input type="checkbox"/> N



# Sharing Strengths

## STEPS 2-4: MY STRENGTHS

### Strengths to *heal*

What is one strength that you can use to take care of yourself in this time? What will this look like in your day to day?

I'm prudent, obviously. Now that definition is totally lame. According to the cambridge dictionary prudence is: **behavior that is careful and avoids risks**. You see I'm very prudent because I don't engage in much and therefore avoid many risks. This is a unique talent I have that many seem to miss.

### Strengths to *help*

What is one strength that you can use to help others? How will you put this strength into action?

Perspective, we'll follow their definition this time. You see, there is only one person I consider to be wise, myself. You egotist! It's true, you blundering skeptic. You see I'm benevolent, merciful, absolutely sovereign, and all knowing. Behold, you cannot sufficiently understand me since your perspective is inherently flawed.

### Strengths to *grow*

What strength are you working on growing during this time? Why is this strength important to you, especially right now?

Very good at appreciating beauty since I'm the only person it seems who has figured out that beauty is a myth. You see this beauty only makes sense when relating to humans. People make the same mistake when they say that a rock is hard or blanket warm. Maybe for the latter that could relate to all living organisms, but living organisms make up little of the matter that is in our universe.





# Sharing Strengths

EXAMPLE

## Strengths to *heal*

What is one strength that you can use to take care of yourself in this time? What will this look like in your day to day?

Love of learning – Now is a perfect time for me to use my love for learning new skills and practice some hobbies that I haven't gotten the chance to (like practicing Spanish, taking a webinar on web design, & learning new songs on guitar). This will help me to be productive, keep growing, and find joy in new ways.

## Strengths to *help*

What is one strength that you can use to help others? How will you put this strength into action?

Social Intelligence – There's a lot of chaos in the world right now and my friends and family have all been reacting in different ways. I am good at telling how people are feeling and so I want listen to others and be a support through conversation. I will schedule calls with my family and friends that aren't with me to check on them.

## Strengths to *grow*

What strength are you working on growing during this time? Why is this strength important to you, especially right now?

Gratitude – I want to work on recognizing good things in my life. I have started writing down 3 things I'm grateful for each day and that has helped my mood. Some days it's harder to think of than others, but it's important to me that I intentionally find uplifting moments in times that can feel really overwhelming and sad.





# Learning to Adapt

Shifting how you perceive stressful experiences can change your mindset. How might you reframe challenging moments to learn from and help you move forward?



30 min



Journey Mapping



Platform

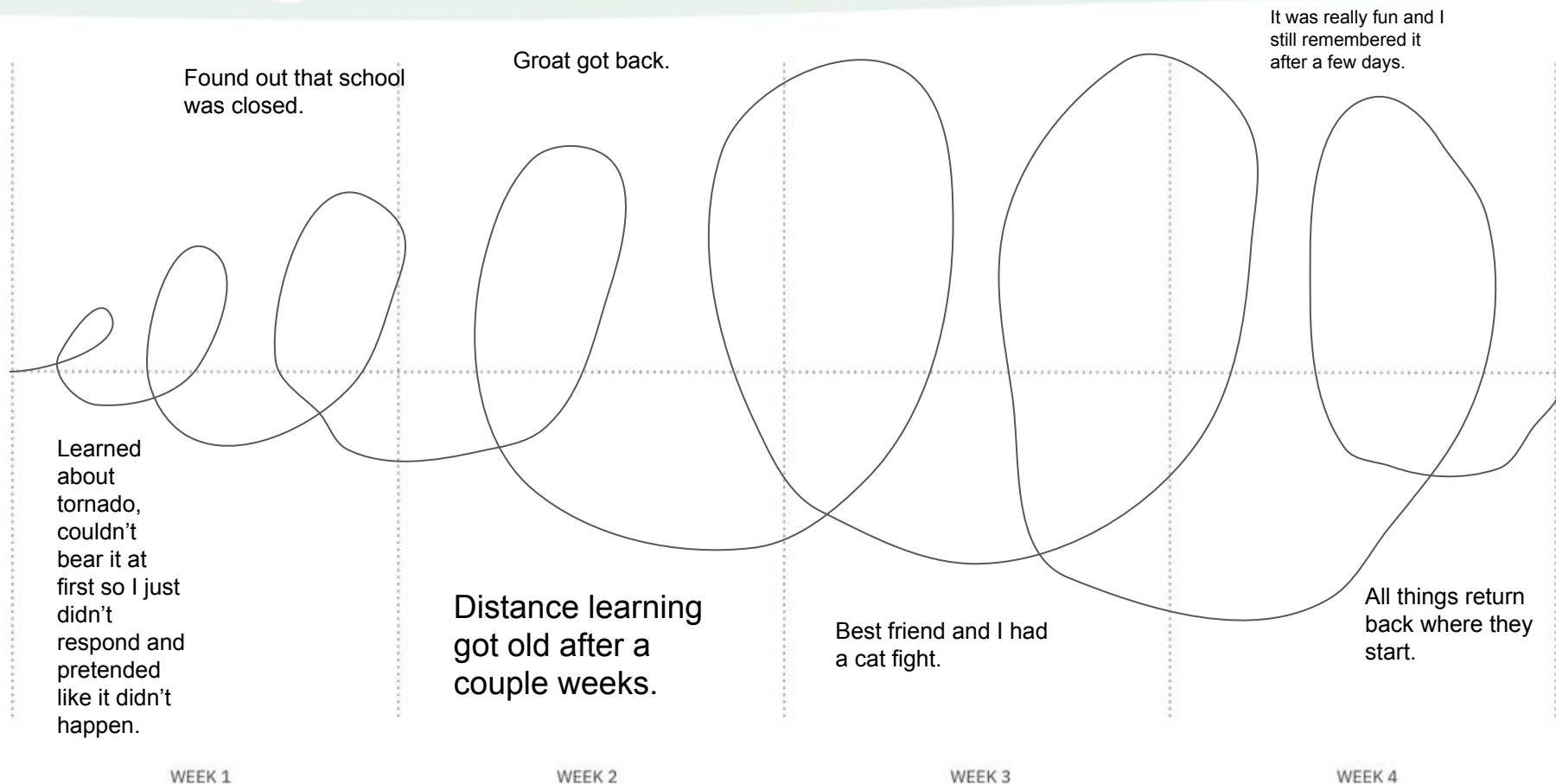
## ACTIVITY STEPS

1. Shifting how you perceive a challenging moment to a moment of growth can help you process the experience. Reflect on your past month by drawing a line that reflects your ups and downs.
2. Narrow in on a couple of moments that were particularly difficult. For each moment, ask yourself what you've learned by going through that, using the following questions:
  - a. **Why it happened**  
Did I have control over what happened?  
If so, how? If not, what was the cause?
  - b. **What I've learned**  
What is one thing I learned or am learning from this experience?
  - c. **Where to go from here**  
Is this situation permanent or can it be changed? If so, what can I do to change it?
3. Now, look back at your journey map and think about ways you have coped with challenges in the past, which can serve as tools for the future. Write down any words, actions, relationships, or anything else that has helped you, which you can use for later.



# Learning to Adapt

## STEP 1: JOURNEY MAP





# Learning to Adapt

## STEP 2: REFRAMES

### Why it happened

Did I have control over what happened?  
If so, how? If not, what was the cause?

### What I've learned

What is one thing I learned or am  
learning from this experience?

### Where to go from here

Is this situation permanent or can it  
be changed? If so, what can I do to  
change it?

MOMENT 1	MOMENT 2	MOMENT 3
Chinese CORONAVIRUS! Mr. Winnie the Pooh failed to contain the virus, now I have to deal with it.	WINBLOWS:	Peaceful walk:
You see the coronavirus is a fake. Way overhyped by the media.	For a day I had to fix my computer so I had to use my computer that only had windows on it for school.	After these two traumatic events I decided to take a nice little stroll.
Those journalists are just there for profit and aren't professionals. Why do so many people consult them?	Winblows is an absolutely awful operating system. It forced an update on me so I missed my first two meetings in the morning.	Stuff like this puts me in to a very sour mood. I just need to take my mind off it for a while. I debated on how to do this for a while, then decided to go for a walk.
That's simple, get off the news. Stop watching it. You'll benefit daily. Trust me man.	Stop usings windows. Just don't use it. Mac OS may be worse though. Only sane OS is Linux. I'm sorry what you're referring to as Linux is in fact GNU/LINUX or as I've recently taken to calling it GNU+Linux.	Walks are nice, especially when you walk to your nearest ice cream parlor. It really calms the nerves. 10/10 would recommend.



# Learning to Adapt

## STEP 3: TOOLKIT

### Words

What phrases did you tell yourself that helped you shift your mindset or comforted you?

You see it was my mind that was causing me all this trouble. My solution was to tell myself to stop thinking, and gosh be darned it worked. Stop rationalizing every move you make, set yourself free friend.

### Actions

What behavior changes did you make that helped you move through these experiences?

I stopped taking everything so seriously. I mean why so serious? Okay, I'm back. I tend to get very sarcastic when I'm told to do something ridiculous by people I don't respect. You know I don't know if that's a positive character trait or negative, it certainly doesn't help me in school.

### People

Who did you lean on for support? Who has it helped to talk to during difficult moments?

People should try to stand on their own to the extent that it's possible. Weak people dread being alone, they've never confronted that aspect about themselves. Since your mind is going to be with you your entire life, I don't recommend despising it. That's not a good way to go through life.

### Other

What else has helped you through challenging moments? Objects, places, activities?

I tend to interpret challenges differently than most people. I need something to keep myself occupied or else I become hopelessly depressed. That usually means when faced with a problem such as that I throw myself head first into it. Not thinking too much of the consequences, only knowing that I would regret it more if I hadn't of done that. Always liked the maxim of go hard or go home. What's the point otherwise?



# Learning to Adapt

EXAMPLE

Got the role I auditioned for  
in the school musical

My class had a really good  
discussion and came together to  
support one another

Went on a hike with my cousin  
and it was a really reflective and  
bonding experience

Started capturing positive and  
inspiring stories and sharing  
them with friends

My soccer team stopped in  
person practices

My best friend and I got in a big  
fight because we view things  
going on in the world differently.

My mom complimented me on how  
I was handling remote schooling

Shelter in place happened and  
I'm glad that this can help  
others but sad and worried this  
might continue

I saw something online that  
really upset me, and I felt  
anxious.

My school got shut down and  
we're doing remote learning so I'm  
home all the time.

WEEK 1

WEEK 2

WEEK 3

WEEK 4





# Learning to Adapt

## EXAMPLE

### MOMENT 1

*My best friend and I got in a big fight because we view things going on in the world differently.*

#### Why it happened

Did I have control over what happened?

If so, how? If not, what was the cause?

*I feel really bad that we fought, but that's part of friendship sometimes. We were both expressing our opinions and it's ok that we disagree.*

#### What I've learned

What is one thing I learned or am learning from this experience?

*We were both honest with each other even if we didn't agree. Now I know more about his perspective and how he feels.*

#### Where to go from here

Is this situation permanent or can it be changed? If so, what can I do to change it?

*It can be changed— this is one day in our 5 years of friendship. I will reach out to him tomorrow and see if he wants to talk so we can work through it.*

### MOMENT 2

*I saw something online that really upset me, and I felt anxious.*

*I feel like I should be informed, but the information out there is overwhelming. I know I'm not the only one feeling anxious by what I'm seeing & hearing.*

*Now I have a better idea of what kind of media I want to see right now and what I don't. I'm inspired to start sharing positive stories I find on my Instagram.*

*I won't always feel this anxious about it, it's just a moment in time. I can always take a break from being online or follow inspirational and hopeful stories.*

### MOMENT 3

*My school got shut down and we're doing remote learning so I'm home all the time.*

*Sometimes I feel like I'm stressing my family out, but I think it's actually just my mom is adjusting to working from home, and my brother misses his friends.*

*Since I've had time to try stuff outside of school, I've learned more about myself and what I like to do (like web design and Spanish).*

*Things won't always be like this, and while I can't change remote schooling, I can think of ways to make this easier for myself and for my family (like helping out my brother so my mom can work).*



# Learning to Adapt

EXAMPLE

## Words

What phrases did you tell yourself that helped you shift your mindset or comforted you?

*This is just a moment in time, not forever.*

*I always have the power to choose the decision that is the healthiest for me.*

*I can make a difference for the things I can control.*

## Actions

What behavior changes did you make that helped you move through these experiences?

*Going for a walk around my neighborhood*

*Putting away my phone and taking a break from the news / social media*

*Focusing on helping out my family*

## People

Who did you lean on for support? Who has it helped to talk to during difficult moments?

*I usually go to my cousin Lilia to rant because she's a good listener*

*My soccer coach is really supportive of me and gives me good advice*

*My best friend Marc always can make me laugh*

## Other

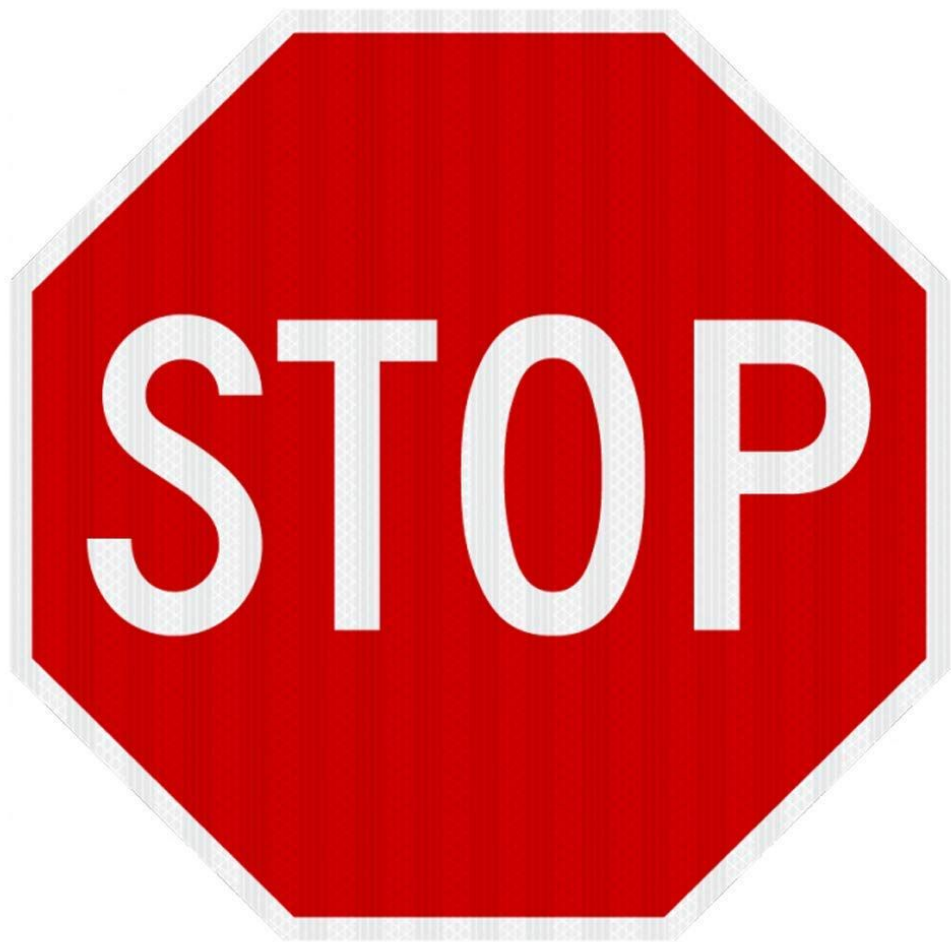
What else has helped you through challenging moments? Objects, places, activities?

*Pictures of my favorite people and moments*

*Free writing in my journal to get my thoughts out*

*Spending time with my dog is comforting and makes me happy*





**Complete through  
slide 26**



# What Matters to Me

The world is in a state of flux, with many people needing additional support. How might this inspire new ways to use the tools you have to help others and build connections?



20 min



Action Planning



Platform

## ACTIVITY STEPS

1. Take 5-10 minutes to free write about the people and communities that come to mind at this time. You might use some of these questions as inspiration:
  - Is there a group or community you belong to that is really struggling right now?
  - What's a cause you have stood up for in the past?
  - If you had the power to help anyone in the world, who would you help?
  - What causes feel the closest to home? Why is that?
2. From your free write, jot down 2-3 communities or causes that you think need the most support right now.
3. Making an impact can take many different forms. Think about the tools and skills you have right now— circle 2-3 ways you feel you could help these causes and communities.
4. Create a plan by getting more specific on how you will help. Ask your family, friends, and other community members for ideas, or do some research on your own to see what is needed. Then, put your plan into action!

# Freewrite

1. Take 5-10 minutes to free write about the people and communities that come to mind at this time. You might use some of these questions as inspiration:
  - Is there a group or community you belong to that is really struggling right now?
  - What's a cause you have stood up for in the past?
  - If you had the power to help anyone in the world, who would you help?
  - What causes feel the closest to home? Why is that?

I don't understand this line of questioning. Why do some people have such a strong desire to help others? Is it because they can't help themselves? Well, that is the answer in most cases. Seems to me if people spent as much time they spend purporting to help others on themselves the world would be a better place. Now we just have a bunch of people who don't terribly care all that much. I feel like we're living in some dystopia. People are so complacent when it comes to privacy. You split these people into two categories, the ones who have no problem with getting monitored or the people who object to it but rationalize their complacency by saying something like well I can't do anything about it. The former are a completely lost cause, but you can show the second that there are alternatives. Another thing people can do who care about this issues is to protest on the use of the glorified web browser in schools. It astonishes me how easily people take this. Nobody has any qualms that if I type certain things in to the search bar I'll get an email from the counselor. If that doesn't bother you, what does? I think another thing I'd do is get rid of these stupid assignments. These assignments that are always about helping. How about having the ability to home school. I can tell you if I ever have children they will receive an infinitely better education than the one I received. Why don't we ever read anything in English? Why was I given an arrogant junior to be our sub? Why doesn't the physics textbook tell you anything? Why can't I read the physics textbook offline? Why are these d.labs such awful classes? Why hired Fenner?



# What Matters to Me

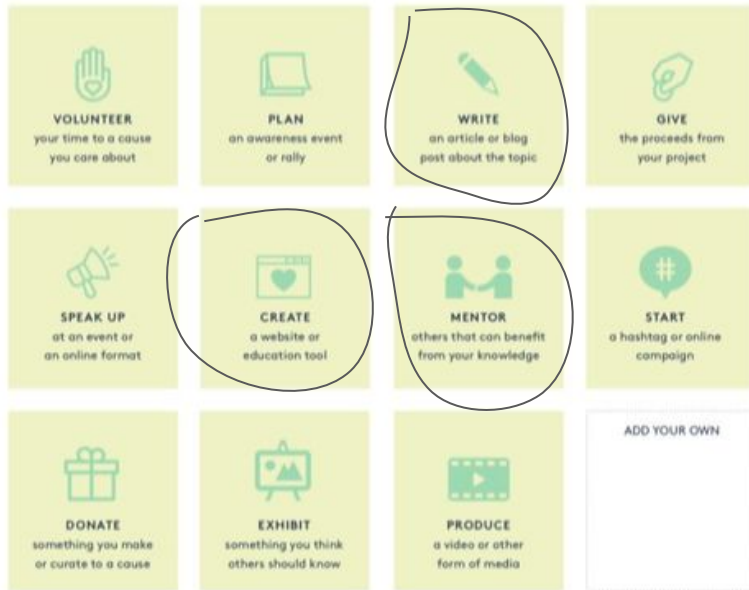
## STEPS 2-4: ACTION PLAN

### Communities & causes *to support*

I wish to see the internet become more decentralized. What are the odds of that?

I think it'd benefit people if they knew basic html/css to create websites.

Mentors that care for the education of the students. Those who pay more attention to the small details, and minimize their time talking all about their principles.



I can advocate to support decentralization by using such services.

I can teach myself to support common knowledge of the web by writing my own website.

I can Rant to support teachers by complaining about all the problems I face now.



# What Matters to Me

EXAMPLE

Communities & causes  
to support

*Families with young kids and working  
parents*

*Elderly people who are at risk and can't  
get visitors in isolation.*

*My friends and other young people who  
want to spread awareness of how to help*



**VOLUNTEER**  
your time to a cause  
you care about



**PLAN**  
an awareness event  
or rally



**WRITE**  
an article or blog  
post about the topic



**GIVE**  
the proceeds from  
your project



**SPEAK UP**  
at an event or  
an online format



**CREATE**  
a website or  
education tool



**MENTOR**  
others that can benefit  
from your knowledge



**START**  
a hashtag or online  
campaign



**DONATE**  
something you make  
or curate to a cause



**EXHIBIT**  
something you think  
others should know



**PRODUCE**  
a video or other  
form of media

ADD YOUR OWN

I can mentor to support kids of working parents by virtually babysitting or tutoring my family friend's 5 year old.

I can volunteer to support elderly people by organizing a pen pal campaign with my local nursing home.

I can speak up to support my peers by starting a social media challenge to encourage social distancing.





# Sharing Stories

Storytelling is a powerful tool that can help you make sense of the world. How might you start to collect stories that bring you hope and inspire you and others?



25 min



Story Collecting



Platform

## ACTIVITY STEPS

1. **Stories from the world:** There are many stories being shared right now that spark a range of emotions, and some speak to us more than others. Start by thinking about the stories you have heard in the world. Which ones have inspired you or brought you hope?
2. **Stories from others:** The people in your own life can be a great source of inspiration. How have your friends, family, classmates, teachers, neighbors and others inspired you? Write down 1-2 examples. What about their stories is important to you?
3. **Stories from your life:** Consider how your own story is growing and changing through these experiences. What moments of challenge, growth, learning, or impact are you proud of? Capture 1-2 of these moments and why they matter to you.
4. In the coming weeks, pay attention to the stories you hear, see, and experience. Being intentional about how you share these stories can shape your perspective and bring positivity.





# Sharing Stories

## STEPS 1-3: STORY COLLECTION

### Stories from the world

What stories are out there in the world that have brought you hope or inspired you?

I had my hopes up about intercession at this school. I signed up for my d.lab and it said it was about human nature. That class was a bloody joke. That was sort of the first time I had been exposed to such, excuse my language, sheer stupidity at this school. Well what brought me hope was when I entered my physics and math classes because they were all right.



### Stories from my community

How have the people in your own life inspired you?

Plenty of inspiring people on the wired. Those wikipedia editors, free software developers, those scholars, those educators, etc. That's where most of my inspiration comes from, I can't say too many people in my actual life inspire hope in me. Though there are a couple people at school that do.



### Stories from my life

How is your own story growing and changing in this moment?

You see my life is a story. You don't own it! Do I? Every day I add to my experiences, time after time. Every day I grow that much the wiser from the lessons I've learned. That's the great thing about time. You know what I just thought about? Can time exist at all?

### Need some ideas for your own story?

- > What is a challenge you have overcome in this experience?
- > What is one thing you have discovered about yourself?
- > How have you had a positive impact on others recently?
- > How has this experience changed you?



# Sharing Stories

## EXAMPLE

### Stories from the world

What stories are out there in the world that have brought you hope or inspired you?

*People are putting their holiday lights back up to spread cheer.*

*Artists are sharing their talents with the world from their homes, like my favorite music artists sharing songs and some visual artists sharing their work as coloring books.*



### Stories from my community

How have the people in your own life inspired you?

*My neighbor is a nurse and he and the other nurses have been singing to the patients to make them laugh.*

*My cousin started a mask drive and donated 300 masks to hospitals that she collected from her neighborhood and friends.*



### Stories from my life

How is your own story growing and changing in this moment?

*I've learned that I am really good at being there for other people when they are stressed.*

*I have struggled with my own anxiety day to day, but found new healthy ways of working through it on my own and tools I can turn to.*

### Need some ideas for your own story?

- > What is a challenge you have overcome in this experience?
- > What is one thing you have discovered about yourself?
- > How have you had a positive impact on others recently?
- > How has this experience changed you?



We hope these resources give you the opportunity to reflect on your strengths, build tools to adapt, find ways to help your communities, and share stories of hope and inspiration.

Feel free to share any of your personal stories with *@storiesofpurpose on Instagram.*

**Save this deck and  
turn it in on CANVAS  
and finish the  
PP Reflection**