

CHANGEMAKER CARDS



We present to you the "Changemaker Cards". This material is an outcome of the project: "Soil, Soul, Society – holistic approaches for youth development" (2022-1-RO01-KA220-YOU-000088509), coordinated by <u>Dreams for Life Association from Romania</u>, in partnership with <u>KobieTY Association from Poland</u> and <u>Siolta Chroi from Ireland</u> and and co-funded by the European Union under the Erasmus+ Programme.

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These cards were created by the team of KobieTY:

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WHAT DOES "CHANGEMAKING" MEAN TO YOU?



WHO IS A CHANGEMAKER? HOW WOULD YOU DEFINE IT?



WHOSE CHANGEMAKING ACTIONS INSPIRE YOU THE MOST? WHY?



CAN ANYBODY BE A CHANGEMAKER? WHY?



THINK ABOUT THE CHANGE YOU INTRODUCED IN YOUR LIFE. HOW WAS THIS PROCESS FOR YOU? WHAT DID YOU LEARN FROM IT?



WHICH STAGES OF CHANGE CAN YOU THINK ABOUT? WHAT EMOTIONS AND THOUGHTS DO YOU EXPERIENCE IN EACH STAGE?



IS "CHANGE" YOUR FRIEND OR ENEMY?



HOW CAN YOU SUPPORT PEOPLE (AND YOURSELF) IN INTRODUCING CHANGES IN THEIR LIFE?



WHY DO YOU WANT TO BE A CHANGEMAKER?



WHAT IS NEEDED TO CHANGE THE WORLD?



WHAT SKILLS CHANGEMAKERS SHOULD HAVE?



BEING A LEADER, IS IT NECESSARY IN CHANGING THE WORLD?



ARE YOU A TEAM PLAYER? WHAT HELPS YOU TO WORK IN A TEAM?



IS EMPATHY SOMETHING WE ARE BORN WITH OR SOMETHING WE CAN LEARN?



HOW CAN YOU DEVELOP YOUR EMPATHY?



WHAT DOES DEEP LISTENING MEAN TO YOU?



HOW CAN WE BECOME MORE OPEN TO OTHER PEOPLE AND DIVERSITY?



WHERE AND HOW CAN YOU DEVELOP YOUR SKILLS?



WHERE WOULD YOU LIKE TO BE IN 5 YEARS?



WHAT ARE YOUR GOALS FOR THE NEXT 10 YEARS? 5 YEARS? NEXT YEAR? HOW WOULD THEY CHANGE IF YOU KNEW THAT'S THE LAST YEAR OF YOUR LIFE?



WHAT ARE YOUR VALUES? WHAT IS IMPORTANT FOR YOU?



WHAT ARE THE 10 MOST IMPORTANT VALUES FOR YOU RIGHT NOW?



HOW CHANGEMAKING IS CONNECTED WITH VAI UES?



WHAT ARE YOUR BIGGEST DREAMS?



WHICH OF YOUR DREAMS ARE YOU FULFILLING NOW? WHICH DO YOU PLAN TO FULFILL NEXT?



WHICH ARE YOUR TOP 7 STRENGTHS?



WHICH OF YOUR TOP 3 STRENGTHS YOUR FRIENDS/COWORKERS/FAMILY MEMBERS WOULD NAME? (YOU CAN ASK THEM!):)



WHICH ARE YOUR FAVORITE STRENGTHS? HOW DO YOU USE THEM?



WHICH OF YOUR STRENGTHS COULD BE USED IN CHANGING THE WORLD FOR BETTER? HOW?



WHICH ARE THE NEEDS OF PEOPLE AROUND YOU?



WHAT ARE THE BIGGEST CHALLENGES OF YOUR COMMUNITY?



WHICH OF THE CHALLENGES YOUR COMMUNITY IS FACING WOULD YOU LIKE TO SOLVE? WHY?



WHAT ARE THE CAUSES OF THE CHALLENGE YOU WOULD LIKE TO WORK ON?



WHAT ARE THE CONSEQUENCES OF THE CHALLENGE YOU WOULD LIKE TO WORK ON?



identifying challenges

HOW AND WHERE CAN YOU LEARN MORE ABOUT THE CHALLENGE YOU CHOSE TO WORK ON?



identifying challenges

IS THERE ANYONE WORKING ALREADY ON THE SOCIAL/ENVIRONMENTAL CHALLENGE YOU WANT TO TACKLE? WHO IS IT?



IF YOU HAD ALL THE RESOURCES, WISDOM AND COURAGE IN THE WORLD, HOW COULD YOU SOLVE THE IDENTIFIED CHALLENGE?



HOW WOULD YOUR SUPERHERO SOLVE THE CHALLENGE?



WHAT ARE THE POSSIBLE SOLUTIONS FOR THE CHALLENGE YOU IDENTIFIED?



AMONG ALL THE OPTIONS AVAILABLE, WHICH SOLUTION DO YOU WANT TO IMPLEMENT?



WHAT DO YOU NEED TO DO IN ORDER TO IMPLEMENT THE CHOSEN SOLUTION?



WHAT WOULD BE YOUR FIRST STEP?



WHAT HOLDS YOU BACK?



IMAGINE YOU HAVE JUST IMPLEMENTED YOUR PROJECT. WHERE ARE YOU? WHO IS THERE WITH YOU? HOW DO YOU FEEL?



DO YOU THINK IT IS IMPORTANT TO SHARE YOUR IDEA?



HOW CAN YOU SHARE YOUR VISION WITH OTHERS?



WHICH IS YOUR TARGET GROUP AND HOW CAN YOU ADJUST YOUR MESSAGE TO THEM?



WHAT ARE THE 3 CORE POINTS OF YOUR CHANGEMAKING IDEA YOU WOULD LIKE THE OTHERS TO KNOW?



HOW CAN YOU INVOLVE OTHERS IN YOUR PROJECT?



WHO COULD SUPPORT YOU IN SHARING YOUR IDEA?



WHAT COULD HELP YOU TO IMPLEMENT YOUR PROJECT IDEA?



HOW CAN YOU GET RESOURCES FOR YOUR PROJECT? FIND AT I FAST 10 POSSIBLE WAYS.



WHY SHOULD PEOPLE SUPPORT YOUR IDEA? WHAT COULD CONVINCE THEM TO DO SO?



WHO COULD SUPPORT YOUR IDEA?



WHERE CAN YOU ASK FOR HELP? WHICH KIND OF HELP DO YOU NEED?



ARE YOU COMFORTABLE WITH ASKING FOR FINANCIAL SUPPORT? WHAT COULD MAKE YOU MORE COMFORTABLE?





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