PLANET PULSE

Youth Rising Above Climate Anxiety



MODULE 5
Empowerment

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Co-funded by the European Union

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Welcome to the Module

Empowerment: Buidling Strenght for Climate Action

Welcome! In this module, we'll explore how you can build your inner strength, find your voice, and take meaningful actions for the planet. Empowerment means recognising your ability to make a difference, even when challenges feel big. Together, we'll look at ways to stay motivated, discover your strengths, and feel confident in your actions.

Learning Goals

By the end of this module, you will…



Understand what empowerment means in your life and how it connects to climate action.

Discover your personal strengths and how they can help you build resilience in facing climate challenges.

Learn how small actions can make a big difference and how to turn your energy into positive change.

Get inspired by real stories of young people making an impact.

Explore ways to stay motivated, even when things feel difficult.

Create your own personal action plan and checklist for ongoing empowerment.

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01

What is Empowerment?



What does Empowerment mean?

*"'**Empowerment**' refers to the process by which people gain control over the factors and decisions that shape their lives. It is the process by which they increase their assets and attributes and build capacities to gain access, partners, networks and/or a voice, in order to gain control." (Source: WHO)*

So in our case Empowerment means gaining the knowledge, confidence, and skills to take action and make positive changes. In the context of climate resilience, empowerment helps you feel capable of facing environmental challenges and shaping a better future.

When you feel empowered:

- You understand that your actions matter.
- You believe in your ability to make a difference.
- You are motivated to take steps, even small ones, to protect the planet and your community.

Empowerment is not something you're born with—it can be built and strengthened over time!



Why Empowerment Matters for Climate Resilience

Empowerment helps us to not only understand the challenges of climate change, but to actively respond to them with confidence. When people feel empowered, they are more likely to take action, support their communities, and stay hopeful, even in the face of difficult news.

Empowerment builds **climate resilience** by:

- 🌱 Giving you the tools to manage feelings of worry and fear.
- 🌎 Helping you see that your actions, no matter how small, contribute to positive change.
- 🤝 Strengthening your ability to work with others for bigger impact.
- 💡 Turning challenges into opportunities to learn and grow.

Without empowerment, climate challenges can feel overwhelming. With it, you become part of the solution.

Reflection:

"How do you think feeling empowered could help you deal with the challenges of climate change?“

Take a couple of miniutes to reflect and write your answer down – and/or discuss your thoughts in the group.



What Does Empowerment Look Like in Everyday Life?

Empowerment doesn’t have to mean doing something big. Often, it shows up in small, meaningful choices that help you stay resilient and contribute to positive change. When you act in ways that reflect your values, you’re already practicing empowerment.

Here are some examples of everyday empowerment:

🌿 Choosing to reduce waste, recycle, or bring a reusable bag.

🗣️ Talking to friends or classmates about your environmental values.

🎨 Using your creativity to raise awareness (art, music, writing).

💡 Learning more about climate issues and how you can help.

🤲 Helping others feel supported, included, or heard.

🌍 Speaking up when something feels unfair or harmful to the environment.

All of these actions show that you believe your choices matter—and they do

What Can Get in the Way of Feeling Empowered?

Empowerment is something we can build—but it's not always easy. Many young people care deeply about the climate but still feel uncertain, overwhelmed, or stuck. That's completely normal.

Here are some common barriers to feeling empowered:

- 😟 Feeling too small to make a difference ("I'm just one person.")
- 🧠 Feeling overwhelmed or anxious by the scale of climate change.
- ❓ Not knowing where to start or what actions actually help.
- 💭 Lack of support from friends, family, or community.
- 😳 Fear of being judged for speaking up or taking action.

These barriers are real—but they can be overcome. Empowerment grows when we talk about challenges, ask questions, and take even one small step forward.

What Helps You Feel Empowered?

Everyone has different things that help them feel strong and ready to take action. When it comes to climate change, feeling empowered is not just about having information—it's about feeling supported, included, and inspired.

Here are some things that can help build your sense of empowerment:

- 🤝 Being part of a group that shares your values.
- 🎨 Using your creativity or voice to express yourself.
- 🌱 Taking even one small action and seeing its impact.
- 📚 Learning about real solutions and people making change.
- 🧘 Having time and space to care for your mental well-being.
- 💬 Talking about your feelings and being listened to.

Empowerment grows when you feel connected—to others, to nature, and to your own sense of purpose.

Reflection exercise:

Take a few quiet minutes to reflect and write down your answers. You can use the worksheet or a notebook. You don't have to share unless you want to.

1. When do I feel most confident or strong? (Think of a time when you felt proud, calm, or powerful.)
2. What stops me from feeling empowered sometimes? (List any worries, fears, or situations that make action feel harder.)
3. What helps me bounce back or feel more motivated? (This could be people, activities, habits, or things you tell yourself.)
4. One small action I can take this week is: (Make it simple and something you care about.)



Relevant Sources for this Section

1. World Helth Organisation (WHO) – Community Empowermet
Link: https://www.who.int/teams/health-promotion/enhanced-wellbeing/seventh-global-conference/community-empowerment

2. UNESCO (2021) — Education for Sustainable Development
Link: https://unesdoc.unesco.org/ark:/48223/pf0000377362

3.Hickman, C. et al. (2021). Young People's Voices on Climate Anxiety, Government Betrayal and Moral Injury: A Global Phenomenon
Link: https://www.sciencedirect.com/science/article/pii/S2542519621002783

02

Understanding Emotional Resilience



What does Resilience mean?

*“**Resilience** is the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress.” (Source: American Psychological Association (APA))*

Emotional resilience means being able to deal with tough feelings and bounce back from difficult situations. It doesn’t mean never feeling sad, worried, or angry. It means you have the strength to keep going, even when things feel hard.

In the face of climate change, emotional resilience helps you:

- 🌊 Stay steady when you hear upsetting news.
- 🌈 Keep believing that positive change is possible.
- 🤝 Reach out for support instead of giving up.
- 🌿 Take action, even when the problem feels big.

Resilience doesn’t mean ignoring your emotions — it means learning how to understand, express, and manage them in healthy ways.



Reflection:

"How do you usually react when something feels too big or stressful? What helps you get through it? “

Take a couple of miniutes to reflect and write your answer down – and/or discuss your thoughts in the group.





Without resilience, we can become stuck in anxiety or burnout. With resilience, we stay connected, hopeful, and ready to act.

Building resilience is not about ignoring difficult feelings—it's about learning how to manage them so they don't stop you from moving forward.

Why Emotional Resilience Matters in a Changing Climate

Climate change can feel overwhelming — and it's normal to have strong emotions like sadness, anger, fear, or helplessness.

Emotional resilience gives you the strength to:

🌎 Face difficult climate news without feeling hopeless.

🌿 Stay engaged instead of shutting down or giving up.

🗣️ Talk about your emotions and support others who feel the same.

⚡ Take meaningful action, even when the problem feels big.

Reflection:

"Have you ever felt stuck, worried, or unsure about the future of the planet? What helped you feel better or more hopeful again?“

Take a couple of miniutes to reflect and write your answer down – and/or discuss your thoughts in the group.



How Can You Build Emotional Resilience?

Emotional resilience is like a muscle — the more you use it, the stronger it becomes. There's no single solution, but small daily habits can make a big difference over time.

Here are some ways to build resilience:

🧘 Practice mindfulness or breathing exercises when feeling anxious.

🌿 Spend time in nature – even short walks can calm your mind.

✍️ Write down your thoughts and feelings in a journal.

🎨 Express yourself creatively through art, music, or movement.

💬 Talk to someone you trust when you feel overwhelmed.

✅ Celebrate your small wins, even when they seem tiny.

Everyone's path is different. What works for one person might not work for another. Try a few things and see what helps you feel grounded and strong.

Relevant Sources for this Section

1. American Psychological Association (APA) – APA Dictionary of Psychology
Link: https://www.apa.org/topics/resilience

2. Hickman, C. et al. (2021). Young People's Voices on Climate Anxiety, Government Betrayal and Moral Injury: A Global Phenomenon
Link: https://www.sciencedirect.com/science/article/pii/S2542519621002783

3. UNICEF (2021). The Climate Crisis is a Child Rights Crisis
Link: https://www.unicef.org/reports/climate-crisis-child-rights-crisis

4. Harvard University Center on the Developing Child (2023) — Building Core Capabilities for Life
Link: https://developingchild.harvard.edu/resources/building-core-capabilities-for-life/

5. Mind (UK Mental Health Charity) – Young People and Mental Health
Link: https://www.mind.org.uk/for-young-people/



03

Finding Your Strengths



Psychological strength is the ability to recover from setbacks, adapt well to change, and keep going in the face of adversity."

Strength doesn't mean never struggling. It means choosing not to give up.

What Does Strength Really Mean?

When we hear the word strength, we often think of being tough or never showing emotion. But true strength is something much deeper and more personal. Real strength isn’t about being perfect — it’s about being real.

In the context of climate challenges, strength can look like:

🌱 Asking questions when you're unsure.

💬 Talking about your feelings instead of hiding them.

🔁 Trying again after a setback.

✋ Reaching out for help when needed.

🌍 Taking a stand for something that matters to you.

Strength isn’t the absence of struggle — it’s the courage to keep showing up, even when things feel tough.

Keys concepts about Strength

Resilience Theory:

Resilience is the ability to recover from challenges or adapt to change. It’s not something you're born with — it’s something you can build, like a skill.

Strengths-Based Approach:

This idea focuses on what you’re already good at — your values, interests, and personal qualities — instead of only looking at problems. Recognising your strengths helps build confidence and motivation.

Growth Mindset (Carol Dweck):

A growth mindset means believing that you can grow your abilities through effort and learning. Instead of thinking “I can’t,” you think “I can’t yet.” This helps you bounce back after mistakes.

What this means for us:

- Strength is not something you have or don’t have — it grows over time.
- Everyone has something valuable to build on.
- Struggle is not failure — it’s part of the growth process.
- Support from others (family, friends, mentors) plays a big role in helping us build strength.

Reflection:

"What does ‘being strong’ mean to you? Can you think of a time when you showed strength, even if it didn’t feel like it?“

Take a couple of minutes to reflect and write your answer down – and/or discuss your thoughts in the group.



Your Personal Sources of Strength

Everyone has strengths—even if it doesn't always feel that way. Some strengths are easy to see, like being a good friend or staying calm under pressure. Others are quieter, like asking for help, or showing up even when you're nervous.

Your personal strength might come from:

- 🧍‍♀️ Yourself – your courage, creativity, or curiosity.
- 🤝 Other people – friends, family, mentors, or even someone you admire from afar.
- 🌿 Activities – time in nature, music, drawing, movement.
- 📚 Knowledge or learning – knowing what matters to you and why.
- 💭 Values – compassion, justice, honesty, or hope.

Recognising your strengths helps you stay steady when life (or the climate) feels uncertain. And your strengths may be exactly what someone else needs too.

Reflection:

"What gives you strength when things are difficult? Is it a person, a habit, a place, or something else?“

Take a couple of minutes to reflect and write your answer down – and/or discuss your thoughts in the group.



Everyday Strength – What It Looks Like in Real Life

Strength doesn't always look like standing on a stage or leading a movement. Often, it's in the small decisions we make every day.

Here are real-life examples of everyday strength:

- 🌱 Choosing to speak up in a group, even if your voice shakes.
- 🧘 Taking a break when you feel overwhelmed, instead of pushing too hard.
- 💡 Asking questions instead of pretending to know the answers.
- 🤷 Standing up for someone else, even if it feels uncomfortable.
- 🧭 Sticking to your values when it would be easier not to.

You don't need to be loud or visible to be strong. Strength also means being kind, being honest, and staying true to yourself.

Strength Can Grow – Even from Struggles

Some of the strongest people aren't those who've had it easy. They're the ones who've faced hard things — and learned something from them.

You build strength when you:

👣 Take one more step after a setback.

💭 Talk about something difficult.

🌧️ Learn from disappointment, and keep believing in change.

🧠 Reflect on what matters to you — and why.

Think of a challenge you've faced — big or small. What did it teach you? That lesson is part of your strength.

Your Strength Can Support Others

One of the most powerful things about discovering your own strength is realising that you can help others too.

Your strength might support others when you:

- 🤝 Listen without judging.
- 💬 Share how you're feeling so others feel safe doing the same.
- 🪴 Invite someone to join a cause, event, or conversation.
- 🌟 Lead by example — even without saying anything.

When you grow your strength, you become a source of support, hope, and resilience for your friends, family, or community. And the amazing part? Helping others can make you feel stronger, too.

Reflection exercise:

Let’s take a moment to reflect on what gives you strength. You don’t need to be perfect to be powerful. Your strengths might include things like kindness, being a good listener, staying curious, or caring about others. They might also be people, places, or passions that help you feel grounded. Let’s create your personal Strength Map!

Your strength map is yours. You can keep it private or share it with someone you trust.

💪 **What qualities do I like about myself?**
(e.g. calm, funny, creative, honest)

🤝 **Who supports me when I need help?**
(Think of friends, family, teachers, mentors)

🎧 **What activities help me feel strong or calm?**
(e.g. drawing, walking, reading,volunteering)

💡 **What values matter most to me?**
(e.g. kindness, fairness, justice, nature, truth)

🔁 **What is something I’ve overcome or learned from?** (Even small experiences can show big strength!)

Relevant Sources for this Section

1. Center on the Developing Child, Harvard University – Building Core Life Skills
Link: https://developingchild.harvard.edu/resources/report/building-core-capabilities-for-life/

2.Dweck, C. (2006). Mindset: The New Psychology of Success - Accessible summary via:
Link: https://developingchild.harvard.edu/resources/report/building-core-capabilities-for-life

04

From Worry to Action



Emotional Check-In

Before we talk about action, let's pause and check in with ourselves. This is your space to name how you're feeling — no pressure, no judgment.

Naming your emotions helps you understand them. Understanding your emotions helps you take care of them.

Take a few moments to reflect and answer the following prompts on a worksheet, in your notebook, or just in your thoughts:

What feeling best describes me right now?
(Examples: Worried, hopeful, confused, calm, sad, inspired…)

Where in my body do I feel that emotion?
(Examples: Tight shoulders, fast heartbeat, calm breathing…)

What might this feeling be telling me? (Maybe that you care, that you're tired, or that something matters to you.)

What could help me take care of this feeling?
(Examples: Talk to someone, go for a walk, listen to music, take a break, take a small action…)

Why This Matters:

- Emotions are not problems — they are messages.
- Understanding your feelings gives you more control.
- You can feel worried and still take action.



Eco-anxiety is a chronic fear of environmental doom caused by observing the seemingly irrevocable impact of climate change.

Feeling worried shows that you're aware, empathetic, and engaged. It's not something to be ashamed of — it's something to understand and work with.

What Is Climate Worry (also: Climate or Eco-Anxiety) – and Why Do We Feel It?

Have you ever felt scared, sad, or overwhelmed when thinking about climate change? If yes, you're not alone — millions of young people around the world feel the same way.These emotions are sometimes called eco-anxiety, climate-anxiety or climate worry.

Why we feel it:

- 🌡️ Because we care deeply about the planet.
- 📰 Because we hear constant news about destruction, loss, and urgency.
- 🧠 Because it's hard to see how we, as individuals, can make a difference.
- 💔 Because climate change affects things we love — nature, animals, people.

Feeling worried shows that you're aware, empathetic, and engaged. It's not something to be ashamed of — it's something to understand and work with.

Reflection:

"Have you ever felt stuck or anxious about climate change? What helped you feel a little more hopeful again? “

Take a couple of minutes to reflect and write your answer down – and/or discuss your thoughts in the group.



Your Feelings Can Be a Starting Point

Feeling worried, sad, angry, or helpless about climate change doesn't mean something is wrong with you — it means something is right. These feelings come from care, connection, and conscience. And they can be turned into motivation, purpose, and action.

How that works:

- 💚 Worry can lead to awareness — and awareness is the first step toward change.
- 😢 Sadness can mean you care — and caring gives you the strength to protect what matters.
- 😡 Anger can become courage — to speak out and stand up for justice.
- 🌀 Overwhelm can be a signal — that it's time to slow down, rest, and choose one step.

Your emotions are not obstacles. They are signals — showing you what you value and where you want to go.

What Does Meaningful Climate Action Look Like?

Climate action doesn’t always mean starting a big campaign or going viral on social media. Some of the most powerful actions are small, steady, and personal. Climate action means doing something, not everything — in a way that fits your strengths, passions, and situation.

Examples of Meaningful Action

- 🌿 Making more climate-friendly choices in daily life (e.g. reducing waste, less meat, saving energy)
- 📢 Talking to friends or family about what matters to you
- 🧠 Learning about climate solutions and sharing them with others
- 💬 Speaking up at school or in your community
- 🤝 Supporting a cause, group, or project you believe in
- 🎨 Using your art, music, or writing to inspire awareness and change

The most meaningful actions are the ones that feel authentic to you and that you can sustain over time.

What Gets in the Way – And How to Move Forward

Even when we care deeply, it can be hard to take action. That doesn't mean we're lazy or don't care — it just means we're human.

Here are some common barriers to action — and how to move past them.

🚧 Barrier	🌱 What You Can Try
"I don't know where to start."	Start small. Pick one habit or issue you care about.
Start small. Pick one habit or issue you care about.	Look for youth-led projects — one voice *can* spark change.
"I'm afraid I'll get it wrong."	There's no perfect way. Every effort is part of learning.
"I'm already overwhelmed."	Take breaks. Emotional self-care *is* climate action too.
"No one else around me seems to care."	Find your people — online or in local communities.

Remember: You don't have to do it alone. And you don't have to be perfect to be powerful.

Reflection:

"Which of these barriers have you experienced? What might help you take one small step anyway?“

Take a couple of miniutes to reflect and write your answer down – and/or discuss your thoughts in the group.



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1. Hickman, C. et al. (2021). Climate anxiety in children and young people and their beliefs about government responses to climate change: a global survey
Link: https://www.sciencedirect.com/science/article/pii/S2542519621002783

2. Climate Psychology Alliance. Facing Difficult Truths
Link: https://www.climatepsychologyalliance.org/

3. Force of Nature (2021) – Turning Eco-Anxiety into Agency
Link: https://www.forceofnature.xyz

4. Global Youth Climate Action Fund
Link: https://gycaf.org

05

Building Everyday Empowerment Habits





Empowerment isn’t a one-time spark — it’s a rhythm, a routine, a mindset. This section helps young learners build small, sustainable habits that support emotional strength and climate engagement.

Turning Awareness Into Empowerment

You've taken a big step. You've reflected on your emotions, learned how worry can lead to action, and discovered that even small efforts matter. Now it's time to carry that awareness into your everyday life — in a way that feels authentic, sustainable, and empowering.

Key Takeaways:

💚 Climate worry is valid. It shows you care deeply — and you're not alone.

🧭 Emotions can guide action. Fear, sadness, or anger can point to what matters and where to begin.

🪴 Start small and stay real. You don't need to fix everything. Just take one meaningful step.

🔄 Strength grows through practice. Each time you act, reflect, or speak up, your sense of empowerment grows.

🌞 Empowerment is a journey. It's not about having all the answers — it's about choosing to keep going.

What Is an Empowerment Habit?

Empowerment isn’t just about big moments. It’s about the small things you do again and again — the actions and mindsets you practice daily, that help you feel stronger, more confident, and more connected to what matters. We call these empowerment habits.

Empowerment Habits are:

🔁 Small routines that build strength over time: Like pausing to breathe, journaling your thoughts, or checking in with your emotions.

🎯 Daily actions that reflect your values: Such as turning off unused lights, choosing a plant-based meal, or helping someone in need.

💬 Moments of reflection and connection: Like talking with someone about how you're feeling, or reading something hopeful.

🌞 Ways to recharge and care for yourself: Because empowerment includes rest, joy, and emotional recovery.

Empowerment habits help you stay steady, focused, and hopeful — even when challenges show up.

Journaling Activity

Let’s take a few minutes to reflect and design an empowerment habit that fits your life — something small but meaningful you can try each day to feel stronger, calmer, or more connected.

You don’t need to get it perfect — this is your experiment.

Take out your journal, a notebook, or just use a blank sheet.

Reflect on these questions:

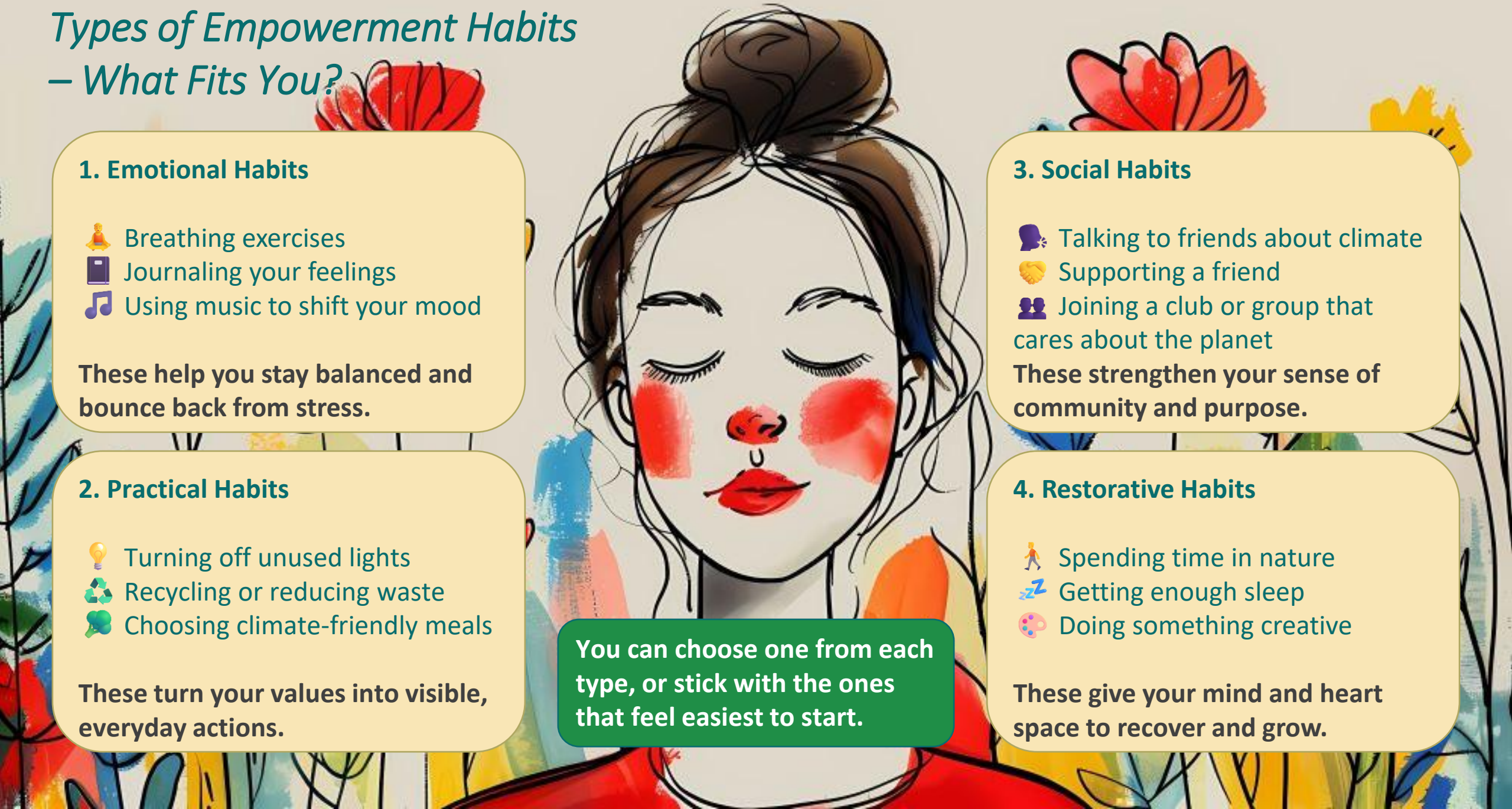
💭 **What makes me feel grounded, hopeful, or strong?**
(Think of things you already do or want to try — like walking outside, writing, music, helping others...)

🌱 **What small action could I turn into a habit?**
(This could take 5–10 minutes a day — it doesn’t need to be big.)

🔁 **When could I do this regularly?**
(Morning? After school? Before bed?)

🧠 **How might this habit help me feel more empowered over time?**

Types of Empowerment Habits – What Fits You?



1. Emotional Habits

🧘 Breathing exercises
📓 Journaling your feelings
🎵 Using music to shift your mood

These help you stay balanced and bounce back from stress.

2. Practical Habits

💡 Turning off unused lights
♻️ Recycling or reducing waste
🥦 Choosing climate-friendly meals

These turn your values into visible, everyday actions.

3. Social Habits

🗣️ Talking to friends about climate
🤝 Supporting a friend
👥 Joining a club or group that cares about the planet

These strengthen your sense of community and purpose.

4. Restorative Habits

🚶 Spending time in nature
💤 Getting enough sleep
🎨 Doing something creative

These give your mind and heart space to recover and grow.

You can choose one from each type, or stick with the ones that feel easiest to start.

Types of Empowerment Habits – What Fits You?

There’s no one-size-fits-all when it comes to feeling empowered. What works for you might be different from what works for someone else — and that’s okay!

Here are four types of empowerment habits you can explore. Which ones feel right for you?

🔁 Small routines that build strength over time: Like pausing to breathe, journaling your thoughts, or checking in with your emotions.

🎯 Daily actions that reflect your values: Such as turning off unused lights, choosing a plant-based meal, or helping someone in need.

💬 Moments of reflection and connection: Like talking with someone about how you're feeling, or reading something hopeful.

🌞 Ways to recharge and care for yourself: Because empowerment includes rest, joy, and emotional recovery.

Empowerment habits help you stay steady, focused, and hopeful — even when challenges show up.

7 Day Challenge

Let’s put your ideas into action – one small habit at a time! 🌱

You’ve explored what empowerment means. Now it’s time to try it out — in a way that’s personal, manageable, and even enjoyable.

This 7-day challenge is here to help you test out one or more empowerment habits and see what impact they have on your mood, motivation, and sense of climate connection.



- Choose **one small habit** from the previous slide (or your journal entry).
- Try it out each day for a week — same time if possible.
- After each day, reflect briefly:
  - 🧠 *How did this make me feel?*
  - 🤗 *Did it help me feel more grounded or empowered?*



You Can Choose a Habit Like…

Type	Examples
Emotional	3 deep breaths before school, evening journaling
Practical	Refusing single-use plastic at lunch
Social	Asking someone how they feel about climate
Restorative	10 minutes outside or screen-free quiet time

Staying Motivated – What Keeps Empowerment Going?

Starting a new habit is exciting. But keeping it going — especially when life feels busy or overwhelming — can be tough. That's normal.

Here are ways to stay motivated without pressure.

🪴 Keep it small and simple→ A habit that takes 2–5 minutes a day is easier to keep than something big.

🗓️ Link it to something you already do→ Example: Breathe deeply right after brushing your teeth.

💬 Talk about it with someone→ Sharing your journey helps you stay accountable and inspired.

🧠 Notice how it makes you feel→ Write down or reflect on even tiny shifts in your mood or focus.

✨ Let it evolve→ If something stops working, change it. Habits should serve you, not stress you.

Motivation doesn't mean feeling excited every day — it means remembering why you started.



If you think you're too small to make a difference, try sleeping with a mosquito in the room.” — African proverb

Small Actions, Big Impact – Your Habits Matter

It’s easy to think small actions don’t matter — but they do. When you build a habit that reflects your values, you’re creating more than a routine — you’re creating change.

🌱 They shape who you become. Doing something regularly builds confidence, clarity, and strength.

🔁 They influence others. Friends, classmates, and even adults notice small changes — and they might follow your lead.

🧱 They build momentum. What starts as a small daily act can grow into something bigger, like a campaign, a creative project, or a leadership role.

💚 They are climate action. Every reusable item, kind conversation, or moment of rest strengthens the world we’re building.

You are not too young. You are not too small. You are part of something bigger.

Reflection:

"What habit did I connect with most during this section? What would I like to continue — or explore next? “

Take a couple of minutes to reflect and write your answer down – and/or discuss your thoughts in the group.



Relevant Sources for this Section

1. Center for Healthy Minds – Emotional Habits and Resilience
Link: https://centerhealthyminds.org

2.Mind UK – Habits for Building Resilience
Link: https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/developing-resilience/

3. NHS – Five Steps to Mental Wellbeing
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4. Greater Good Science Center – Keys to Well-Being
Link: https://greatergood.berkeley.edu/key

06

Staying Motivated and Growing Over Time





You don’t have to always feel strong to stay strong.
Growth doesn’t happen all at once — it happens over time.

You’ve already come a long way. You’ve reflected on your emotions, explored your strengths, and started building small habits of empowerment. Now we’ll talk about something that every changemaker faces: How do you keep going when the road is long?What helps you stay motivated when things feel hard? And how do you grow from one season of life to the next?

Staying Connected to Your Why (I/II)

Every time you choose to act, speak up, or care — there's something behind it. Maybe it's love for nature. Maybe it's a hope for fairness. Maybe it's the people you care about. That reason is your why. And returning to it helps you stay grounded, even when you feel unsure.

What is your Why?

🐾 "I love animals and want to protect their homes."

👨‍👩‍👧 "I want a safe future for my family and friends."

🌱 "I believe in fairness and justice."

🌍 "I care about the planet because it gives us everything."

Your "why" doesn't have to be big or perfect — it just has to feel real to you.

Staying Connected to Your Why (II/II)

Every time you choose to act, speak up, or care — there's something behind it. Maybe it's love for nature. Maybe it's a hope for fairness. Maybe it's the people you care about. That reason is your why. And returning to it helps you stay grounded, even when you feel unsure.

Why it helps:

🔁 It brings you back when you feel lost

🌤️ It reminds you of what matters

🔋 It gives your actions meaning — even small ones

🧭 It helps you make decisions with confidence

Your "why" doesn't have to be big or perfect — it just has to feel real to you.

Growth Isn’t Always a Straight Line (I/II)

Sometimes we set goals, build habits, or start something we care about — and then hit a wall. Maybe we forget. Maybe we feel discouraged. Maybe life just gets in the way.That doesn’t mean we’ve failed. It means we’re human.

Setbacks Happen… and That’s Okay

🚧 Everyone experiences blocks, doubts, or days when motivation disappears

🧠 It’s normal to need rest, rethink your goals, or start again

🌱 Real growth includes learning through trial and error

You don’t have to get it right every time. You just have to keep growing.

Growth Isn’t Always a Straight Line (II/II)

It’s okay to struggle. What matters is how you move forward.

How to Keep Going

- 💬 Talk about it. Share what you’re struggling with — it helps to not feel alone.
- 🧭 Reconnect with your “why.” Why did this matter to you in the first place?
- 📝 Change your approach. Adjust the goal or routine — it’s not about quitting, it’s about evolving.
- 🌤️ Be kind to yourself. What would you say to a friend in the same situation?

Reflection:

“Think of a time when something didn’t go as planned. What helped you move forward? What would you tell someone else going through the same thing?”

Take a couple of miniutes to reflect and write your answer down – and/or discuss your thoughts in the group.



Reflect, Adjust, Repeat – The Power of Checking In

Empowerment doesn't mean always knowing what to do — it means being curious, honest, and open to growth. That's where reflection comes in. When you pause to check in with yourself, you learn what's working, what's not, and how you want to move forward.

What Reflection Can Help You Do:

🎯 Understand what really matters to you

💡 Notice how your habits or feelings are changing

🛠️ Adjust your goals without giving up

🧠 Learn from experience, not just information

🖍️ **Reflection Isn't Complicated — It Can Look Like e.g.:**

- Writing a journal entry once a week
- Asking yourself: "How did that feel?" or "What would I do differently?"
- Talking to a friend about what you've learned

Relevant Sources for this Section

1. UNICEF – Toolkit for Young Climate Activists
Link: https://www.unicef.org/lac/en/toolkit-young-climate-activists

2. American Psychological Association – Mental Health and Our Changing Climate: Children and Youth Report
Link: https://www.apa.org/pubs/reports/climate-change-mental-health-children-2023

3. Ashoka – LeadYoung: Stories for Young Changemaking
Link: https://www.ashoka.org/sites/default/files/atoms/files/leadyoung_booklet_ashoka.v2_0.pdf

Your Growth Journey Continues

You've explored how to stay motivated, how to rest, how to learn from setbacks, and how to reflect on your progress. These aren't things you master overnight. They're things you return to — again and again — as you grow, change, and face new challenges.

You already have what you need to keep going — your voice, your values, and your care.

What We Hope You Remember:



Motivation comes and goes — that's normal. What matters is your willingness to return to what matters.



Rest is not weakness — it's fuel. Let yourself slow down when you need to.



Setbacks are part of the journey. Growth is rarely a straight line.



Reflection keeps you aligned with your values. You don't need to know everything — you just need to keep listening to yourself.



Take With You:

- **A habit or practice that supports you**
- **A reason you care (your "why")**
- **The ability to pause, reflect, and grow**
- **Trust in your own process**

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Thank you

Any Questions?

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Co-funded by the European Union

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