

MY

SOCIAL ACTION  
**JOURNAL**



# WELCOME!



## TO YOUR SOCIAL ACTION JOURNAL

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It would be rude of us to not introduce ourselves, who are we and why are we in your journal?

We are a charity for young people! We deliver lots of fun and informative work all over Greater Manchester and digitally as well. So, for those of you who are never off of your phone, there is something for everyone at Groundwork. There's outdoor learning to youth clubs to coaching and mentoring for those of us who need extra support (let's face it, we all do from time to time!) We believe that every young person can play a positive role in their community, especially through social action (This is what you will be journaling about). Every young person deserves to be heard and supported to find their path in life, this is why we have given you the opportunity to journal and take part in this exciting programme! I am sure as a young person you can agree that YOU are a part of the solution when it comes to tackling community and environmental issues.

So now you know a little bit more about us, let's look at what it means to be respectful (because we are going to give and receive a lot of that to be a young leader!)

### What does respect mean to you?

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Now all the hard work is out the way, it's time to work together as a team and sign your safe space contract.

A safe space contract is an agreement, that you will stick to the rules and boundaries set by your facilitator. Remember: to gain respect you must equally give respect, that's a fair compromise right? Now, let's get signing. You can either write your name or your signature, it's up to you!

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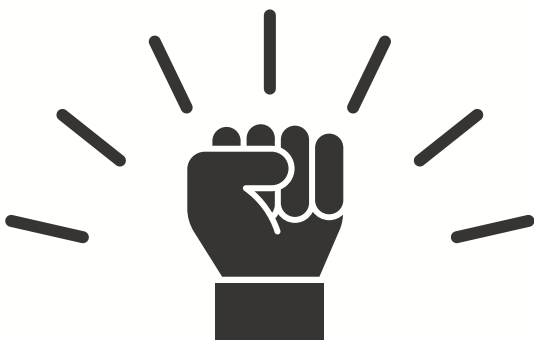
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Now here is the real deal:

**I, \_\_\_\_\_ agree to respect my group and facilitator and understand that in order to tap into the skills of the young leader that you already are, you can do in a safe environment.**

**Signed:**

Great! You are ready to step into your new journey of social action and remember to use your journal along the way, it will help you and it's yours to keep. It can also help us to look at all the hard work we have done along the way!



# MY PERSONAL GOALS

My top 3 goals set are:



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I am going to achieve each goal by an action which is:



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The date's I aim to achieve this by is:



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A black and white profile photograph of Muhammad Ali, looking to the left. He is shirtless, and his facial features are clearly defined. The background is a soft, out-of-focus grey. The image is framed by yellow geometric shapes in the corners.

**I AM  
GONNA  
SHOW  
YOU  
HOW  
GREAT  
I AM**

*Muhammad Ali*

# SKILLS AUDIT

	This is a strength of mine	I could improve on this	I need help with how to do this
<b>Active listener:</b> I let people speak freely without interruption. I let people know I am listening and ask question to show them I have understood.			
<b>Adaptability:</b> I can deal with the unexpected and cope with change.			
<b>Advocacy:</b> I use my lived experience, understand the needs of others, and gain support from my community to create social change.			
<b>Communication:</b> I am an effective speaker, I can get my message across (written / verbally) to different audiences.			
<b>Inclusive:</b> I am sensitive to others needs, accept people for who they are, and show compassion.			
<b>Non-judgmental:</b> I recognise different points of view even if I do not agree with them.			
<b>Organised:</b> I can manage my workload effectively with the time available and motivate others to complete their tasks.			
<b>Proactive:</b> I take responsibility for my decisions and actions, and do not blame others. I am in control and planning ahead, not just reacting to events that happen.			
<b>Problem-solving:</b> I can tackle problems, I am resourceful, I think through difficulties and come up with solutions.			
<b>Teamwork:</b> I work well with others, encouraging people to use their skills and strengths to benefit the team goals.			

List your top three areas you would like to improve:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

# SESSION LOG

I found \_\_\_\_\_  
to be the best part of the session today.

I found \_\_\_\_\_  
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\_\_\_\_\_

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I may need help next session with \_\_\_\_\_.

I will ask for help by:

- Sending my youth worker a message**
- Pulling my youth worker to the side**
- Putting my hand up**
- Writing out a note**
- Asking a trusted adult**

One important thing I learned today was \_\_\_\_\_.

This made me feel \_\_\_\_\_ and as a result of  
today's session I feel like I will be able to use my \_\_\_\_\_ skill.

(If you are stuck on which skill to choose, flick back through your journal to page 7 and go back through your skills audit sheet!)



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# WHAT IS SOCIAL ACTION?

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# HEAD, HEART, HANDS

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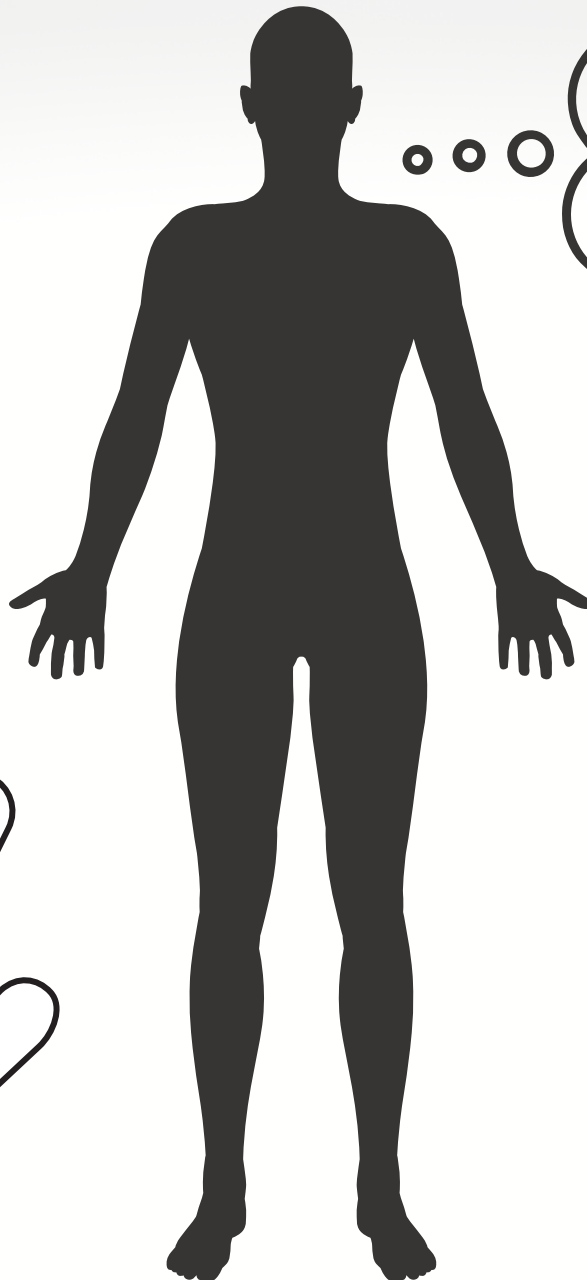
Map your knowledge, skills, talents, passions and hobbies.

To further explore your goals and how to make a difference ask yourself:

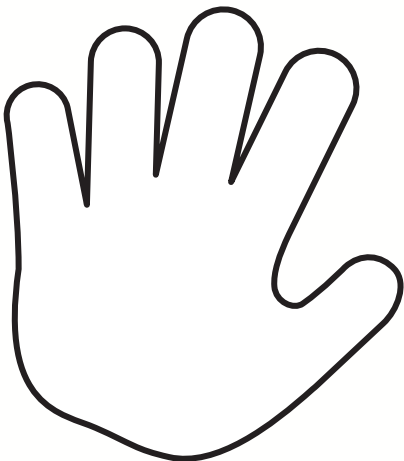
- **Is there anything the world really needs right now that I'm also passionate about?**
- **What things do I love doing that I am really good at, and could share with others?**
- **Can I turn what I'm really good at into a social enterprise or job?**
- **What key issues in the world or my community could I turn into a career?**



HEART - what you love doing and are passionate for



HEAD - your ideas, experience or knowledge



HANDS - what you are good at doing, your practical skills & talents

ACTIVITY

11

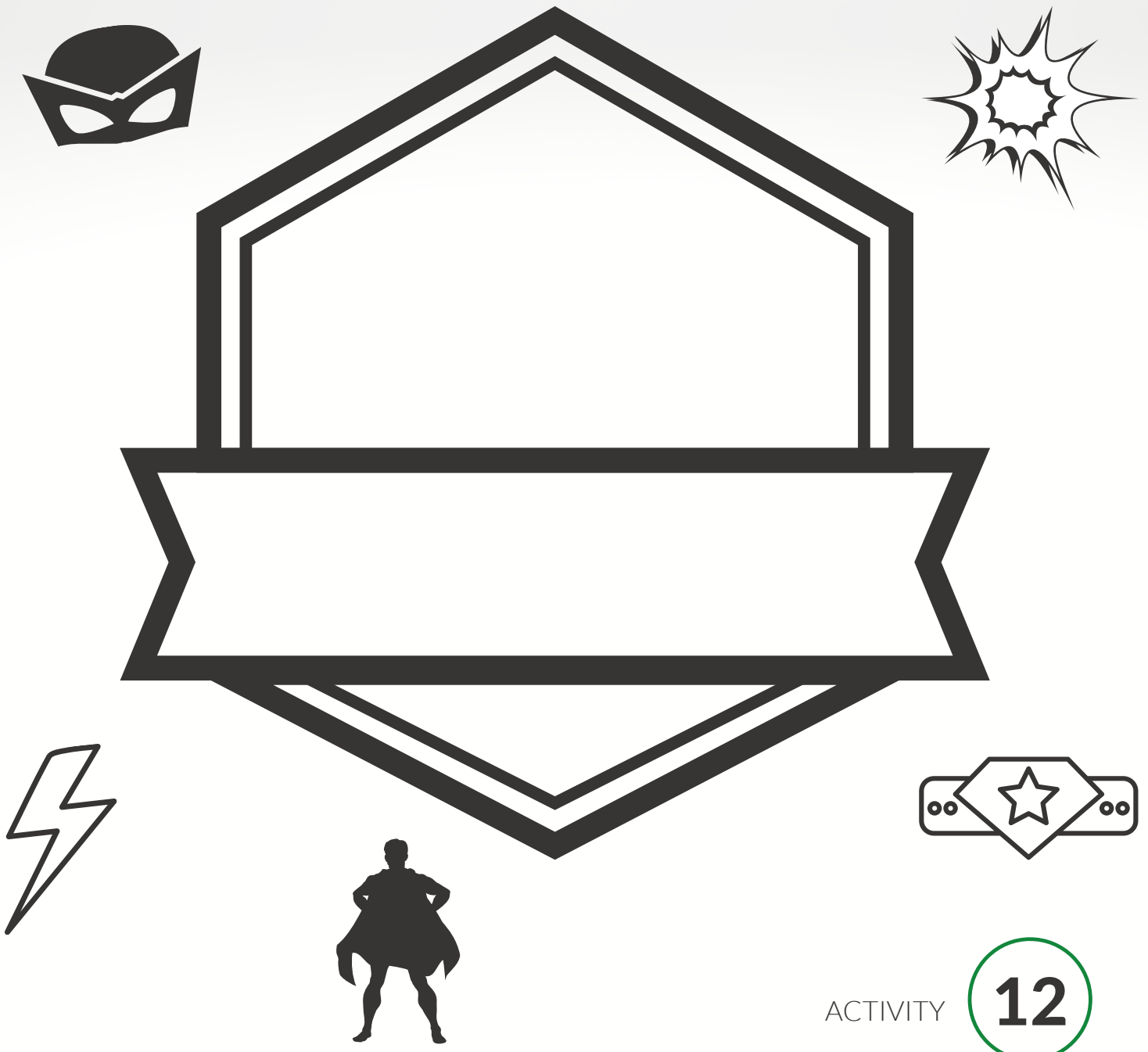
# SUPER POWER PROFILE

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Reflect on your qualities and character – it sometimes helps to think how family or friends would describe you – and create your own super hero profile.

Use this space to create a badge, doodle and highlight your strengths in comic book style.

Yes we all have ‘weakness’ we could be aware of but with the help others and by honing our strengths we can get through any challenges ahead!



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# LEARNING SKILLS IN SOCIAL ACTION

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# #IWILL

Hey, here are some great tips and principles to help you on your social action journey! Take a look at the principles that **#Iwill** have set out.

If you don't know already (it's ok if you don't!) and remember it's always good to ask if you're not sure, but I will are:

***I will are an organisation that are all about social action and helping young people achieve, a little bit like us at Groundwork, but on a bigger scale!***



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# IDENTIFYING AN ISSUE

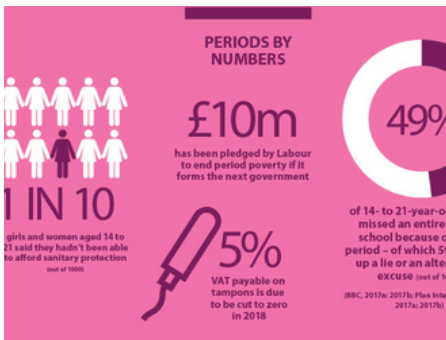
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# IDENTIFYING ISSUES

Now we know what social action is and what skill's we need to get there (*the main skill you have is your greatness, remember that!*) but let's look at some global and local issues and write underneath what we think these issues are. Remember, this is your opinion!

## What do you think the issue is?



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# IDENTIFYING ISSUES

**The issue that means the most to me is:**

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**The issue that we are tackling as a group is:**

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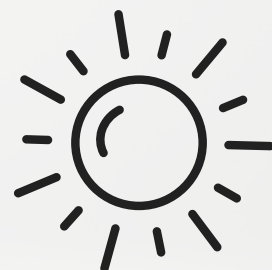
# SUPER POWER PROFILE

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Social action is a little bit like a tree, we need to plant the seed so it can grow roots, then the trunk and then the branches and leaves and the tree stay's there for thousands of years and is super great for the environment and us as human beings!

They also give us paper, which we need. If you do a great social action project and get your roots planted, everything will grow.

Try it, colour in YOUR tree:



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# IDENTIFYING A SOLUTION

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**What's your proudest achievement and why?**

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**A great leader is someone who:**

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**A great leader has the skill of:**

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**I will make a great leader because I have the skill:**

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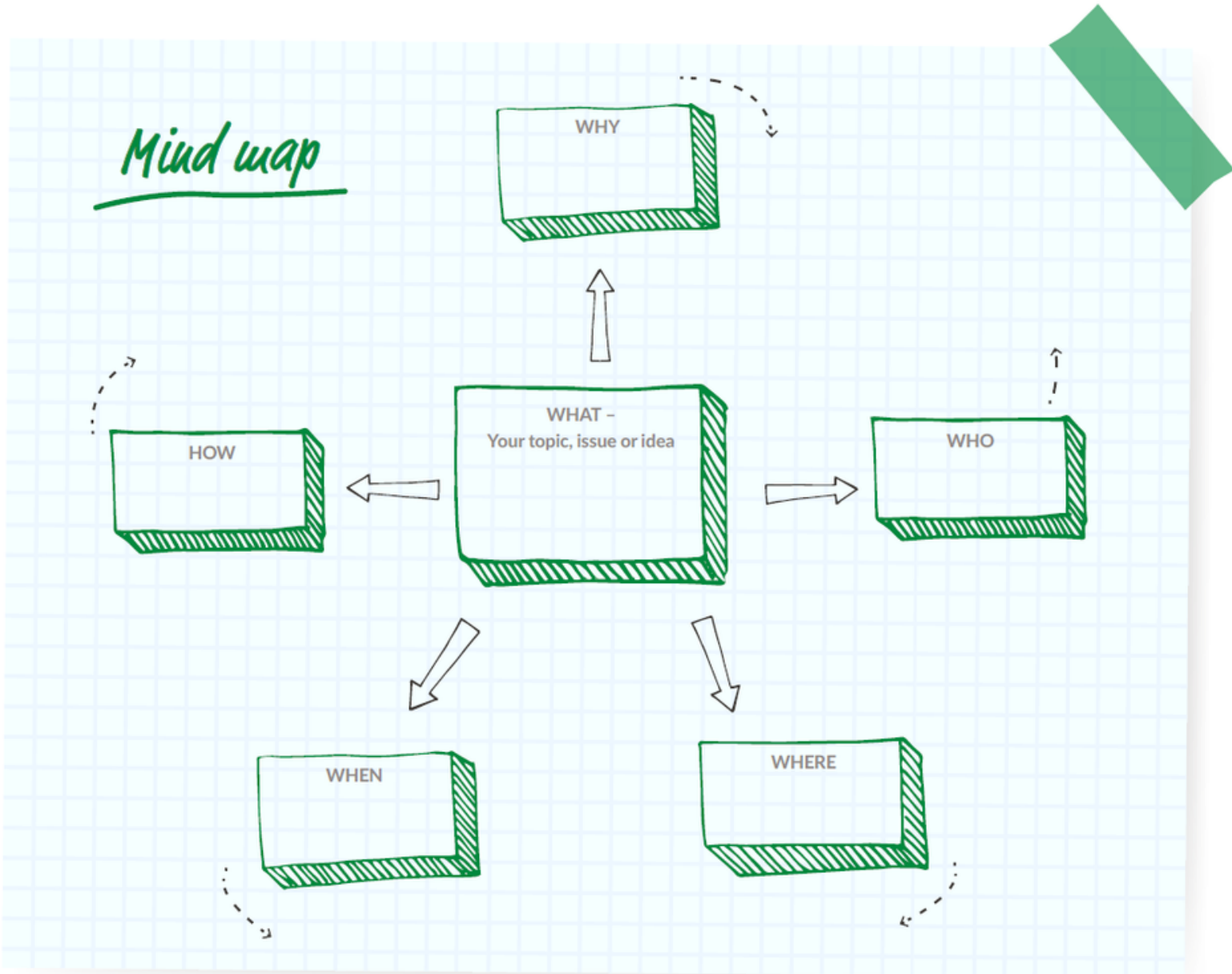
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# MIND MAP

Get started by connecting your passions with issues in your community. Create a map of project ideas and choose one or two you can develop.



# VISION BOARD

## Top tips to get started:

There are lots of different ways to develop project ideas and a vision board is the perfect way to start. A vision board allows you to save snippets of all manner of things that inspire you. This can include photos, cuttings from magazines, newspapers, a screenshot of an online article or a social media post.

You can start with an idea of the change you want make and work out how you will get there with various activities. You could also start with an activity you would like to do, such as tree planting, and work backwards to link to a big issue such as air pollution and health.



## Research:

Take a walk around your community to identify environmental issues, abandoned spaces, or current projects taking place in your parks or on the High Street. You could even contact your local council to see what projects are currently running, or take a look on local news websites and newspapers to see what's going on in your area and which groups are running activities that you could take part in.



# CREATING A SOCIAL ACTION PLAN

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To recap, the issue that we are tackling as a group is:

(Make sure this matches with what you put down on page 24)

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The solution what I think we can do for our chosen issue through our social action project is:

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# DEVELOPING A SOCIAL ACTION PROJECT

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"The world is  
finite  
and we need  
to  
look after it."

Sir David  
Attenborough

# SETTING GOALS

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If you have a goal for yourself then writing it down is great way to start but you might also want to break your goal into manageable pieces.

Use the boxes to think about your goals and how you will get there.

**MY  
GOAL  
IS...**

Something you want achieve, do or be...

**MY  
ACTIONS  
ARE...**

Break down how what you will do by when e.g. one action each week.

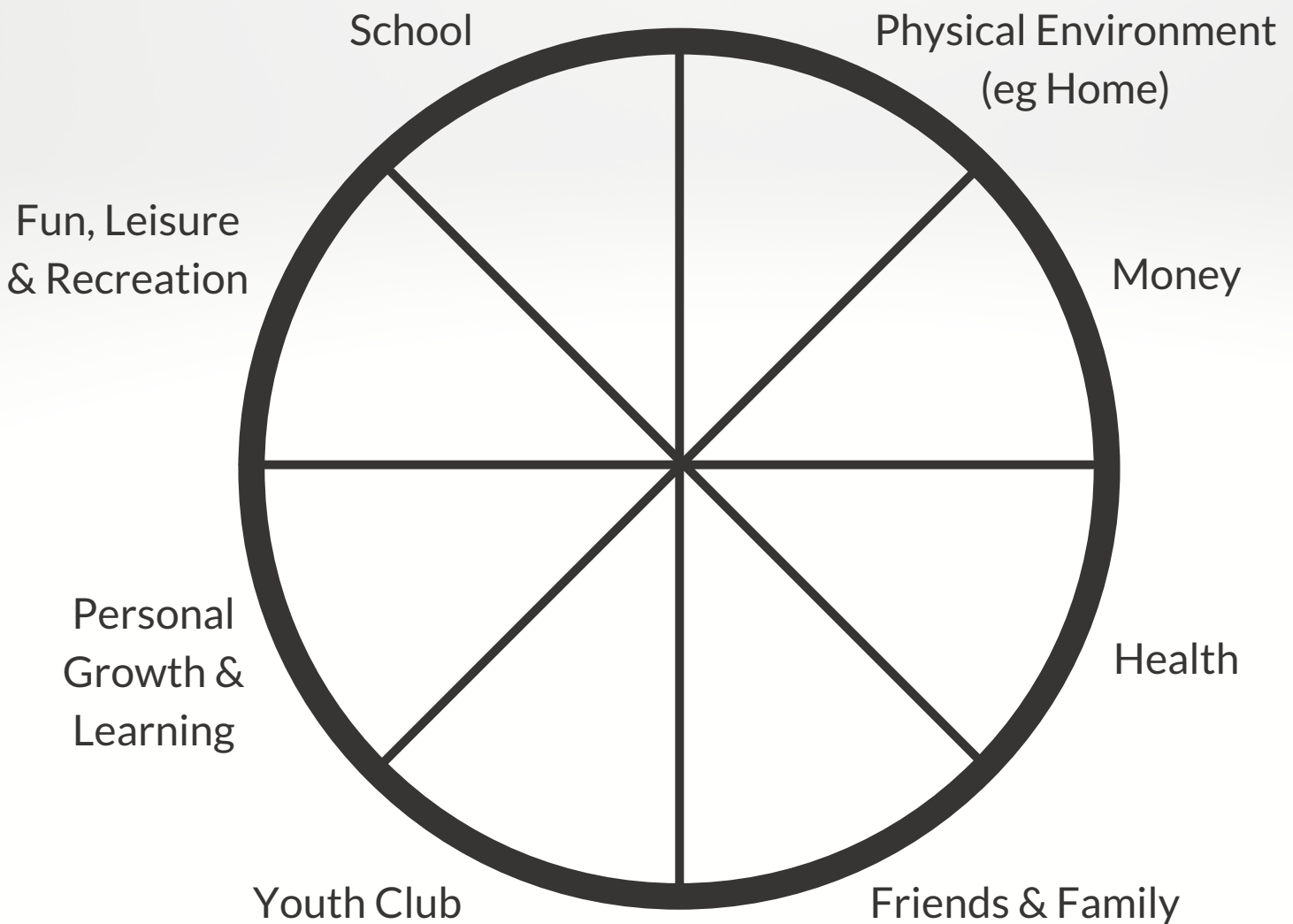
**SUCCESS  
LOOKS  
LIKE...**

Draw or describe the benefits that you will see when you reach your goal.

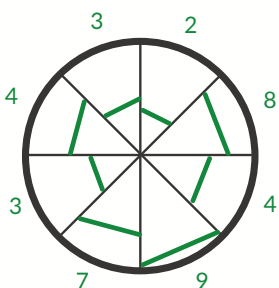
# WHEEL OF LIFE

The 8 sections in the Wheel of Life represent balance.

- Please change, split or rename any category so that it's meaningful and represents a balanced life for you.
- Next, taking the centre of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each area out of 10 by drawing a straight or curved line to create a new outer edge (see the example at bottom of the page).
- The new perimeter of the circle represents your 'Wheel of Life'.
- Is it a bumpy ride?



EXAMPLE:



# SMART TARGETS

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My role in the project is:

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Remember when setting goals for the project they need to be S.M.A.R.T.

Can you remember what S.M.A.R.T stands for?

(If you don't know, ask a staff member)

**S**

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**M**

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**A**

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**R**

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**T**

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Our groups main S.M.A.R.T targets are:

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# WORDS TO LIVE BY

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integrity responsibility please cooperation courtesy respect  
trust optimism care honesty courage friend empathy  
thanks nice manners willing trustworthy acceptance  
listening helpful apology compliment appreciation

e	e	o	w	i	l	l	i	n	g	h	n	y	o	a
r	p	s	t	n	y	t	s	e	n	o	h	h	u	r
r	e	s	p	o	n	s	i	b	i	l	i	t	y	t
h	c	y	t	i	r	g	e	t	n	i	f	a	g	e
e	l	o	c	t	c	i	a	r	e	o	r	p	o	c
o	i	e	u	a	r	i	o	o	t	e	i	m	l	e
l	s	h	r	r	c	u	y	s	s	n	e	e	o	r
n	e	e	o	e	t	c	s	p	i	o	n	p	p	e
p	h	l	r	p	e	e	e	t	l	d	d	r	a	a
l	p	p	t	o	t	c	s	p	w	t	s	c	p	t
e	p	f	n	o	t	i	m	y	t	o	r	n	n	c
a	e	u	y	c	l	p	m	e	g	a	r	u	o	c
s	u	l	c	o	m	p	l	i	m	e	n	t	s	u
e	e	n	m	a	n	n	e	r	s	e	i	c	h	t
s	k	n	a	h	t	a	g	e	a	m	l	s	e	y

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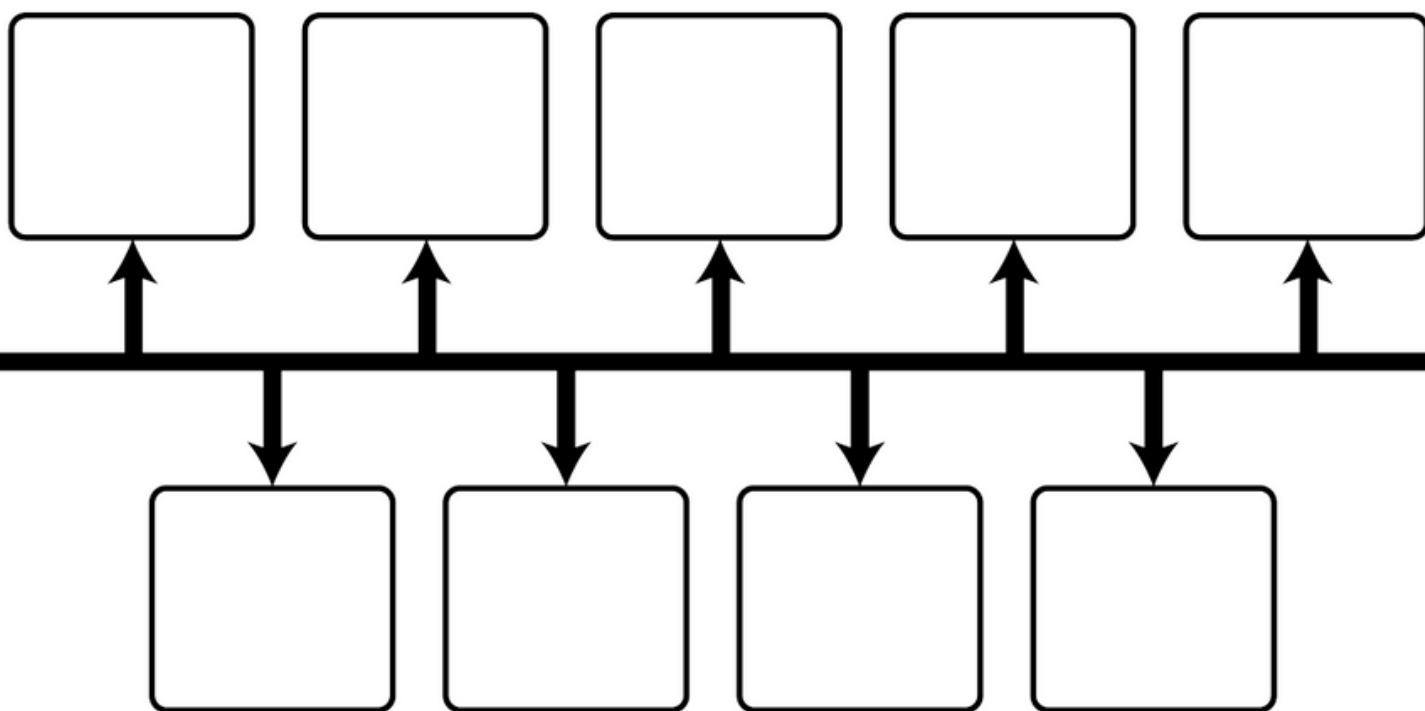
# SOCIAL ACTION

## TIMELINE

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Here is your social action timeline, this will help keep you and your group on track and keep you organised!

Put your desired goals into the timeline here:



# DEVELOPING A SOCIAL ACTION PROJECT

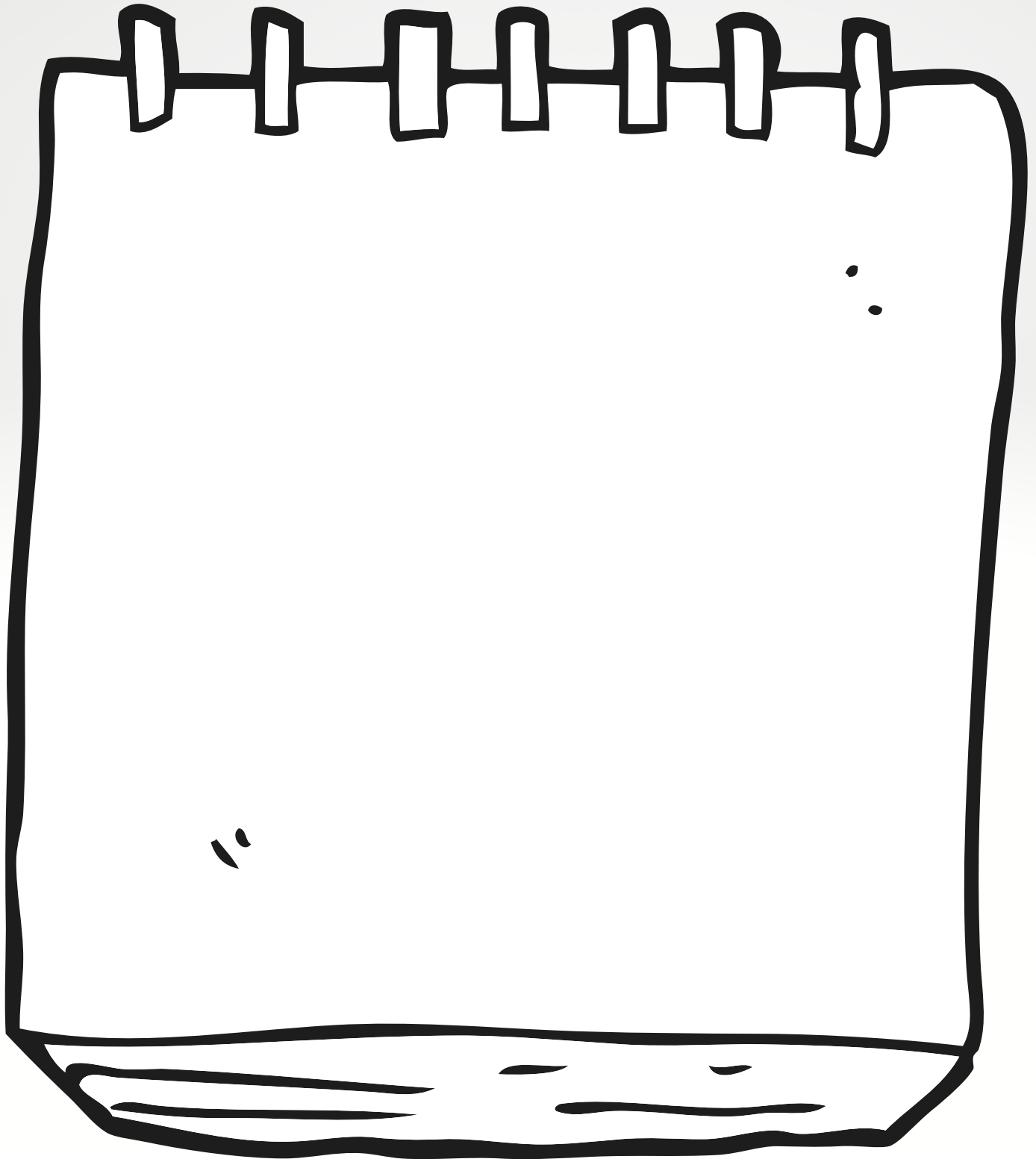
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# GROUP ETHOS

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Our group ethos is:



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PROGRESS  
IS  
IRREVERSIBLE



# RESOURCES & BUDGETING

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The top ten tips for a great social action project are:

**1**

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**2**

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**3**

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**4**

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**5**

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**6**

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**7**

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**8**

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**9**

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**10**

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# FIRST TWENTY MINUTES

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The first 20 minutes of your day can determine the tone for the rest of your entire day. List the ways in which you will make sure your first 20 minutes is pleasurable.

*Will you meditate? Will you listen to motivational audio? Will you read an inspiring book? What will you do...*

## FIRST 5 MINUTES

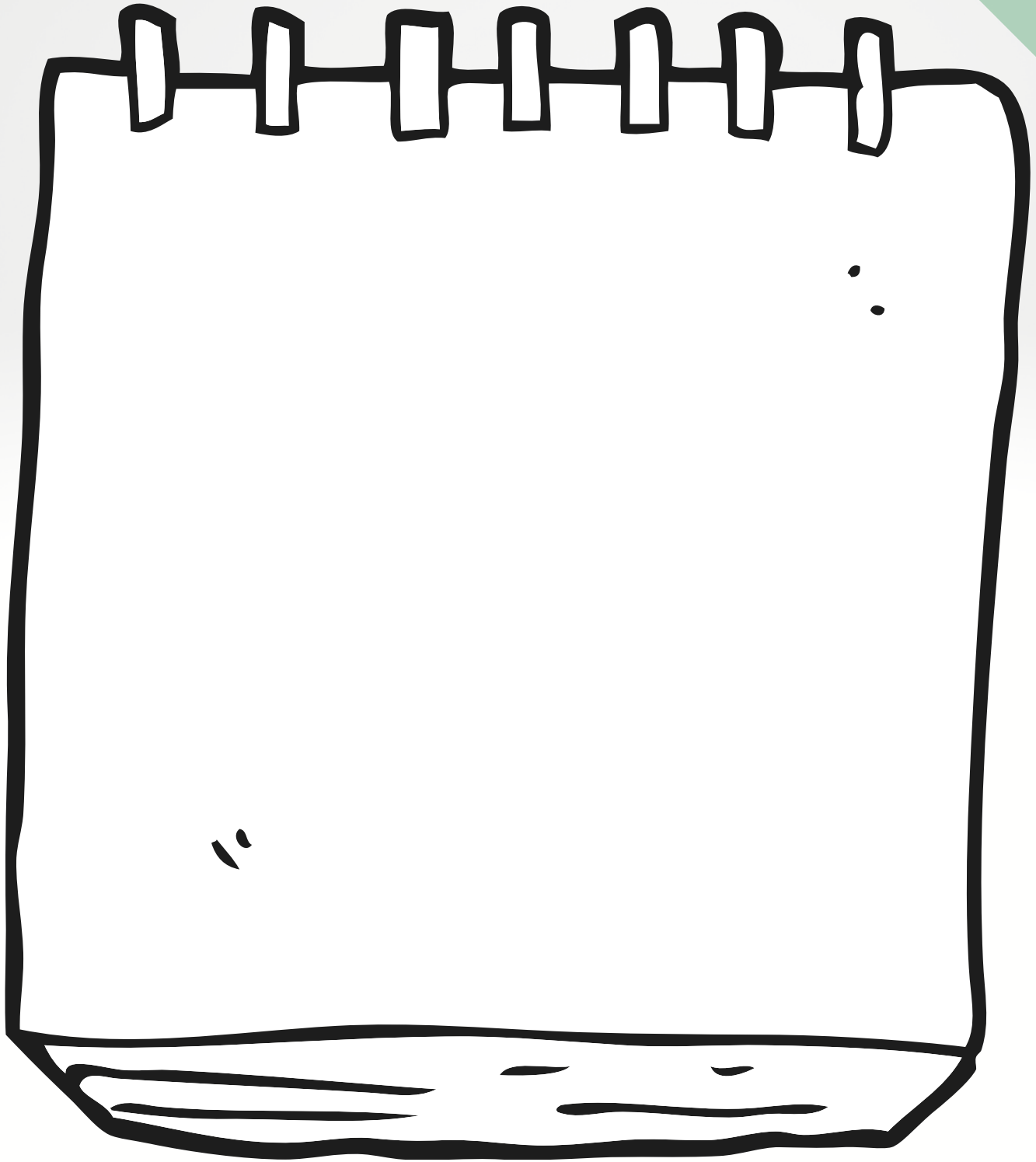
## FIRST 10 MINUTES

## FIRST 15 MINUTES



# BUDGET

Note down some of the things you will need to buy and how much they cost in order to deliver your social action project:



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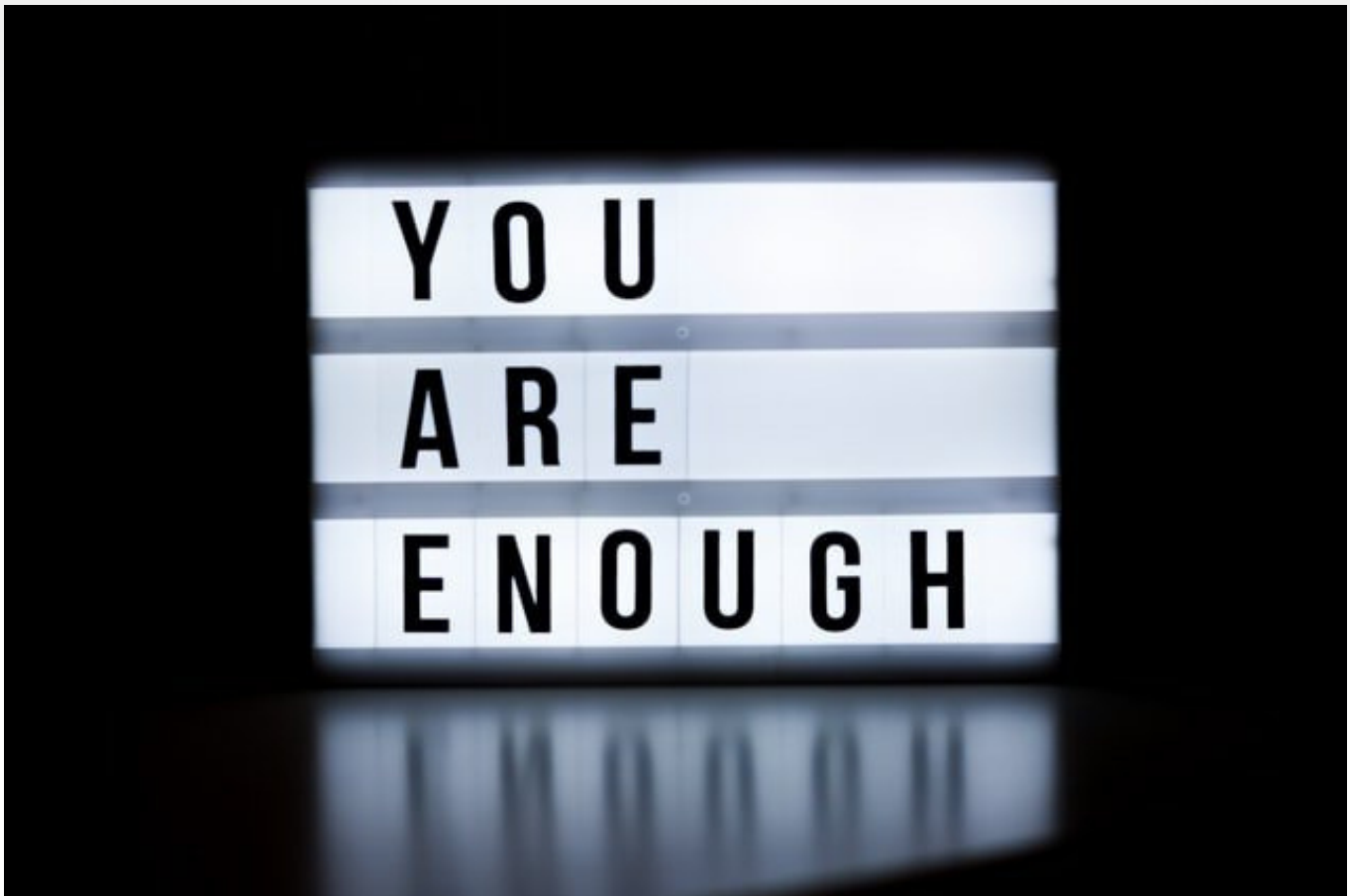
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# INFLUENCE & OUTCOMES

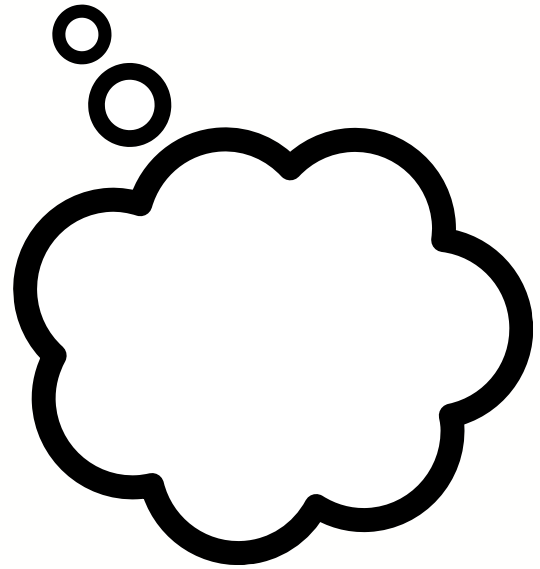
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**I am  
awesome  
because:**

\_\_\_\_\_



# STRENGTHS

## EXPLORATION

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Those who know their strengths and use them frequently tend to have more success in several areas. They feel happier, have better self-esteem, and are more likely to accomplish their goals.

To use your strengths effectively, it's important to have a clear ideas of what they are, and how they can be used. Some of your greatest strengths might be easy to recognise, while others go unnoticed because they feel ordinary to you (even if they aren't).

**Circle your strengths from the choices below, or add your own at the bottom**

Wisdom	Artistic Ability	Curiosity	Leadership
Empathy	Honesty	Open Mindedness	Persistence
Enthusiasm	Kindness	Love	Social Awareness
Fairness	Bravery	Cooperation	Forgiveness
Modesty	Common Sense	Self-Control	Patience
Gratitude	Love of Learning	Humour	Spirituality
Ambition	Creativity	Confidence	Intelligence
Athleticism	Discipline	Assertiveness	Logic
Optimism	Independence	Flexibility	Adventurous

# SOCIAL MEDIA

My favourite social media is:

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The positive thing for me about this app is:

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The negative thing for me about this app is:

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# SOCIAL MEDIA

## FOR SOCIAL ACTION

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The social media app that will help spread the great work we are doing on our project is:

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I will use this app to:

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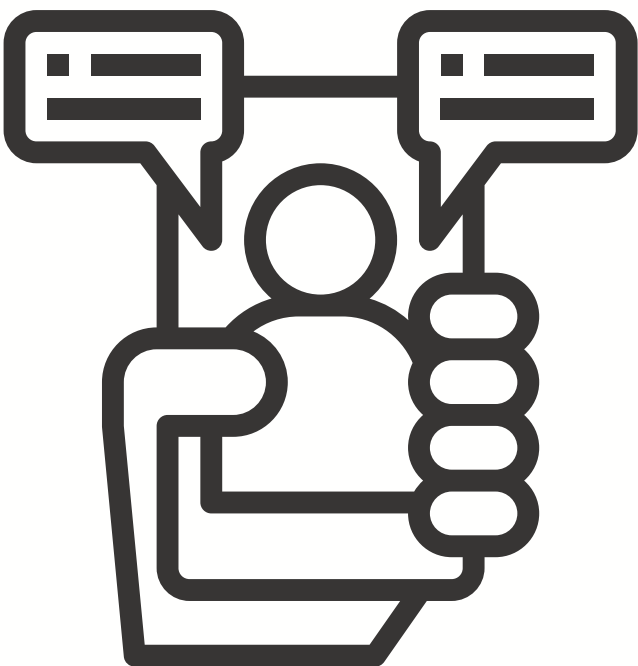
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# I DON'T HAVE TO BE PERFECT, I CAN...

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...Be good enough

...Be kind to myself

...Try my hardest

...Worry about the things that I can control

...Accept the things that I can't control

...Try new things even if there's a chance I might fail

...Be satisfied with my effort

...Love myself if I fail

...Love myself if I succeed

...Know others will still love me if I fail

...Know that my mistakes and failures don't define me

...Know that my success isn't the reason people love me

...Still be proud of myself

...Accept the mistakes of others

...Know that I may just not be good enough...YET!

...Know that other people are better than me at some things

...Know that I'm better at other people at some things

...Makes mistakes (just like everyone else does!)

...Not be afraid to fail

...Realise that NOBODY'S perfect!



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This made me feel \_\_\_\_\_ and as a result of  
today's session I feel like I will be able to use my \_\_\_\_\_ skill.

(If you are stuck on which skill to choose, flick back through your journal to page 7 and go back through your skills audit sheet!)

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# COLOUR ME IN:



# COLOUR ME IN:



**DO NOT LOOK AT HOW  
LONG IT WILL TAKE  
YOU TO ACCOMPLISH  
THOSE GOALS, OR  
HOW HARD IT WILL BE,  
TAKE IT STEP BY STEP  
AND KNOW THAT ONE  
DAY, IT WILL ALL BE  
WORTH IT.**






AFFIRMATION:

**I HAVE INTENSE  
PURPOSE AND  
PASSION THAT  
BRINGS ME**

*Success*



**“ Never doubt that a small  
group of thoughtful,  
committed, citizens can  
change the world.**

**Indeed, it is the only thing  
that ever has. ”**

Margaret Mead

**CONGRATULATIONS**  
YOU HAVE MADE  
THE WORLD  
A BETTER PLACE!!!

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# REFLECTION

The thing I liked most about or social action project was:

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A new skill I have learnt or a skill I have improved on is:

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Next time something I would do differently is:

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Over all, I recognise how good I am because I am:

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# YOU ARE AMAZING

REMEMBER THAT.

