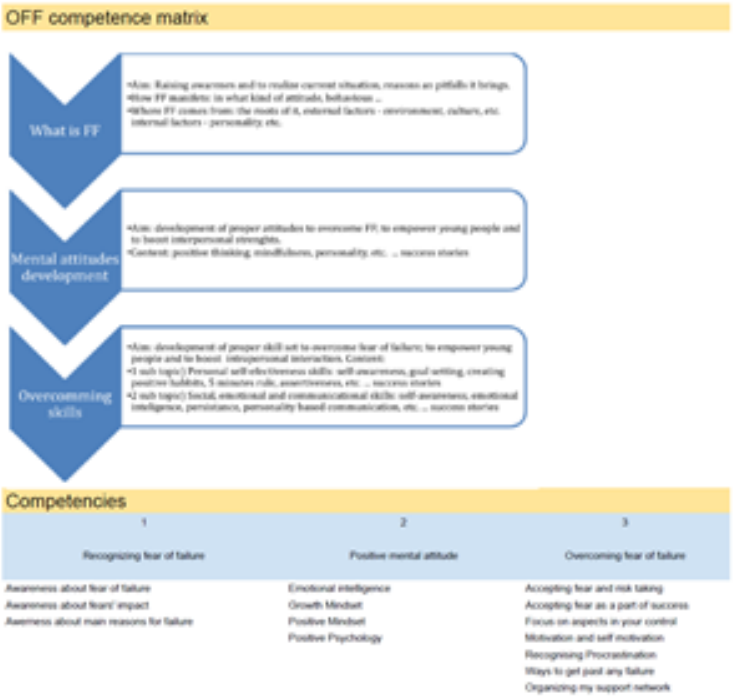
Intellectual Output 1
"OVERCOMING FEAR" educational program



EXECUTIVE SUMMARY OF OVERCOMING FEAR OF FAILURE SURVEY

The survey at glance

The study covers two target groups - young people and young workers. The study aims to examine the views of the two target groups on the factors that influence young people in terms of their way of thinking, coping with difficulties and support expected regarding the fear of failure. Quantitative and qualitative dimensions are embedded in the study. The sample consists of 261 respondents, respectively young people from 14 countries and youth workers from 31 countries, of which 159 – youth workers guided interviews and 109 questionnaires of young people. The indicators set in the project are 150 interviews from 5 countries (implementation threshold - 75%). These indicators have been achieved and exceeded. Consequently, the sample is sufficient and representative, the views expressed are sufficient and relevant for the purposes of the project.

Gaps and need analysis

Gaps and needs are identified based on comparison between target groups' responses.

Young people rely on friends, parents and girl/boy-friends to maintain high motivation and get support when they are having a hard time. On the other hand, youth workers identify non-compliance with the parents and friends expectations as the most common sources of fear of failure. That parents\friends influence results in precondition of reproduction of the fear of failure. Thus, it is essential to work with young people outside their usual environment in order to break this loop. Youth experts possess required expertise, attitudes and skills to address this issue. However, their role is underestimated.

As a strong reason for fear of failure, young people point out failure to meet their own expectations. This suggests that working with their attitudes would provide an internal motivation and sustainability for dealing with the matter.

In terms of ways in which youths deal with negative emotions, they indicate to browse for videos and visual content on the web, to give them explanations and new perspectives (in addition to their friends and parents). Hence, the creation and uploading of such content corresponds to their perception channel.

Experts working with young people determine the effective way to deal with the fear of failure outside their usual environment i.e. family, school/university. Youth workers envision remedy for the issue in developing specific awareness, and stressing on developing skills to overcome it effectively. In terms of remedy, youths are more orientated toward development of proper mindset.

Regarding attitudes: positive thinking and mindfulness are mentioned most often. Youth workers pay attention to the definition and manifestation of fear of failure. They advise, to raise awareness on the matter, especially about its roots and promoting self-awareness. They believe the proper skills are important, i.e. social, emotional and communicational, etc.

Recommendations for the competencies, attitudes and skills to be developed

Based on the survey results, there are some recommendations defined with respect to the final formation of the competency framework and training needs.
There is a suggested sequence of logic of topics illustrated on Figure 1.

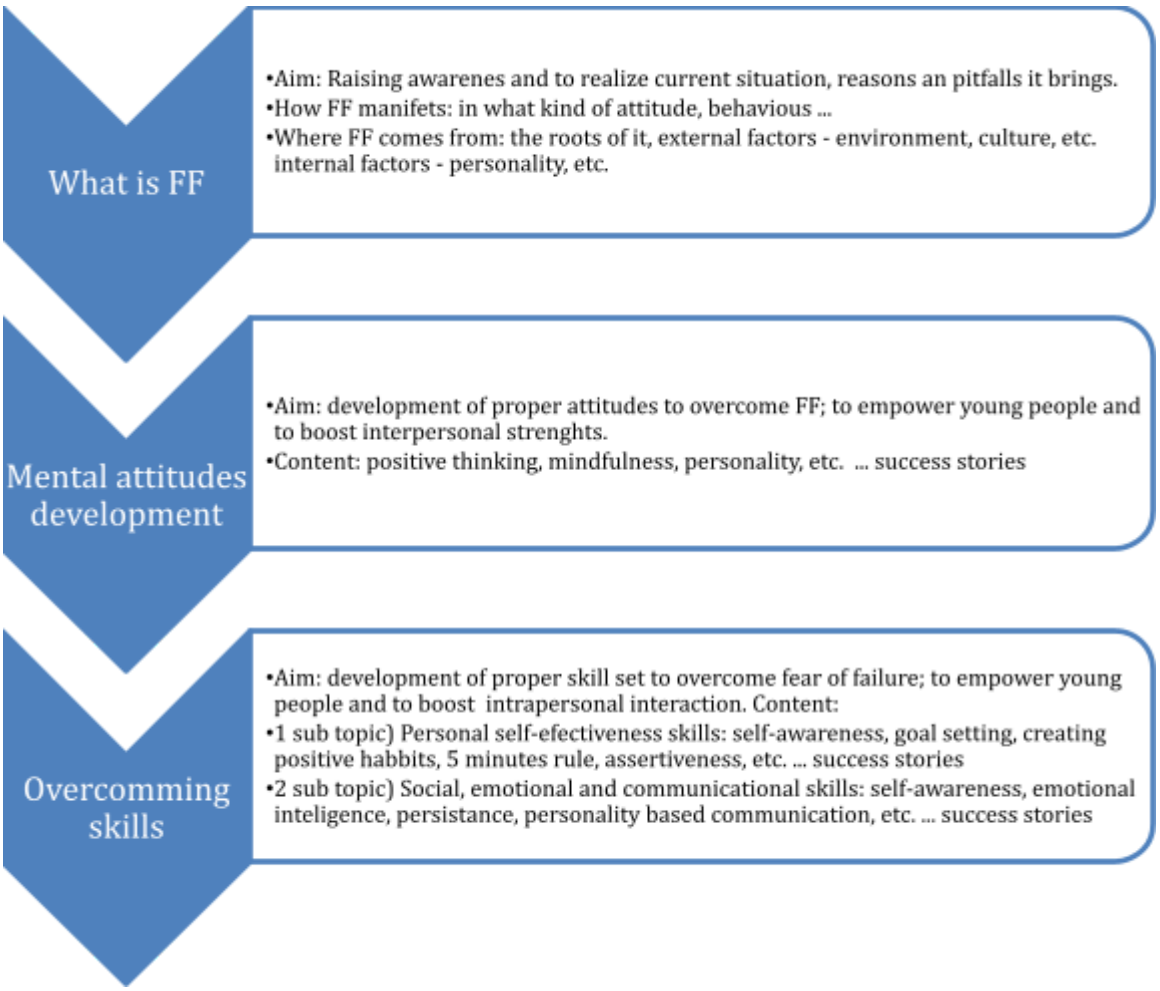


Figure 1. Suggested logic of topics for overcoming fear of failure

List of gathered good practices

Overcoming Fear of Failure

Goal for this document is (from our application):

OUTPUT	Activities	Result
	O1 = Output 1: Needed competence framework for youth workers and development of the educational program	The purpose of the IO is the development of the “Overcoming Fear of Failure” train-the-trainer programme. We will prepare material for training youth workers that will present our educational program in their youth centres. The desired result is the prevention of the effects of fear of failure.
A1	Pan EU survey on currently available training options/educational program under the topic examined	Current educational program and positive positive psychology training survey data

Note: Each partner **should collect 6 -** good practices (training, books, documents, articles) of dealing with

- Fear of Failure situations
- Prevention of FoF
- Positive psychology training
- Positive mindset education

and enter them in the tables provided.

QUALITY ASSURANCE

Feedback form - please add your comments for the form here

(after all examples of good practices will be gathered)

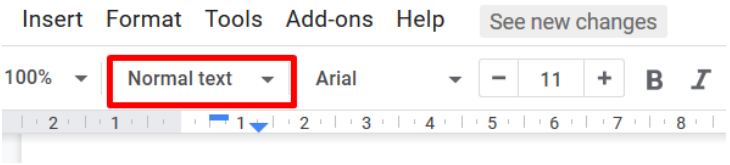
SMART IDEA	Found good (and bad) practices are at a satisfactory level. I would suggest that every partner get at least one example of good practices from their country. Reason for that is the fact that we are preparing training for the organisations in partners' countries and every analysis already done will be good for the project results quality. Some of the practices are duplicated.
JUMPINHUB	Some of the practices are duplicated or really similar (due to internet research), so they can be combined. We think the Key takeaway section was a really good addition to the analysis of the good practices!

Overall quality assurance feedback:

- Please obey the document structure. Don't just paste the text from websites or documents - the document then looks non-professional. Please adjust it.

Default font	What's a positive outcome to your fear? If y about public speaking, imagine yourself bein instead of failing horribly. Different font
LInk to the resources	LInk to the resources 33 Powerful Ways of ... Right Now | Wake Up Cloud
Benefits for young adults, and youth workers (What does this resource do for young people?)	Different font, copied bullets · Presents situations, method to act when feel fear · Encouragement to move fo

- Select text and use default text and headings from the dropdown



- please add your questions so we can create the questionnaires more quickly

Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	Empty
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	

Youth Initiative Center

Name of the good practice	**Positiveness**
Description	We have to learn how to manage fear and not to stop going or freeze. If we allow fear to stop our forward progress in life, we're likely to miss some great opportunities along the way. Whenever you feel fear, switch it over to what you are grateful for instead. If you're afraid of public speaking, be grateful for the opportunity to communicate with so many people, and that they are there to genuinely listen to what you have to say. What's a positive outcome to your fear? If you're thinking about public speaking, imagine yourself being successful instead of failing horribly.
LInk to the resources	LInk to the resources 33 Powerful Ways of Overcoming Fear … Right Now | Wake Up Cloud
Benefits for young adults, and youth workers (What does this resource do for young people?)	Presents situations, methods, technique how to act when feel fear Encouragement to move forward
Key takeaway (The most important part of the analysis!)	Don't freeze from fear or failure! Don't miss out on living!
English translation (if needed)	

Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	Which situations will help you to help youth overcome fear or failure? How do you develop youth positive thinking?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	Who and how helps you to be/keep positive?

Name of the good practice	**Facing your fear of moving forward**
Description	Challenging fearful thoughts. For example, if you're scared of getting trapped in a lift and suffocating, ask yourself if you have ever heard of this happening to someone. Ask yourself what you would say to a friend who had a similar fear. Same if you have fear of flying planes, fear of the dark or any other kind of fear, just look at the facts and it might turn out to be not that scary.
LInk to the resources	LInk to the resources: Ten ways to fight your fears | NHS inform
Benefits for young adults, and youth workers (What does this resource do for young people?)	To know how to manage fears. In a scary situation we could look from a distance and try to analyse what another smart person could do in such a case.

Key takeaway (The most important part of the analysis!)	Figure out your own fear management system!
English translation (if needed)	
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	As a youth worker, what do you think is the biggest fear for youth?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	What is your biggest fear?

Name of the good practice	**Take time out**
Description	It's impossible to think clearly when you're flooded with fear or anxiety. The first thing to do is take time out so you can physically calm down. Even with a simple 10 count. Basically you count slowly from 1 to 10, with every count you say it out loud and with every count you get more calm, more confident, more relaxed. In this way you distract yourself, you slow things down and take control. Or when you have something big that can't be solved in under a minute. Distract yourself from the worry for 15 minutes by walking around the block, making a cup of tea or having a bath. It would help your body to relax both physically and mentally. Your breath can set you free. It can anchor you in the now and help you vanquish and overcome your most pervasive fears. It's the most simple method, but it can also be the most effective method.

LInk to the resources	LInk to the resources: [Ten ways to fight your fears | NHS inform]()
Benefits for young adults, and youth workers (What does this resource do for young people?)	It's possible and it might be even quite easy to overcome fear if you have the will for it. Even just taking small steps, using the slightest approach you can make a difference.
Key takeaway (The most important part of the analysis!)	Do not rush and control what are you thinking, emotions and how your body reacts!
English translation (if needed)	
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	Do you know any breathing or relaxation methods to control fear?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	Do you know any breathing or relaxation methods you would like to share?

Name of the good practice	**How not to be afraid of failure**
Description	Learning to deal with fear is all about putting your negative thoughts in perspective. We tend to focus too much on the negative, so by looking at all the options, you often realize that you're making a big deal of nothing. There are so many things that could happen that it's impossible for your mind to predict the future. We aren't psychics. And life is unpredictable. The only things that we can control are our choices and our emotions. Anything can happen at any time and because you can't predict it and probably shouldn't, you should focus on what can you do and that is: Make choices based on goals, wishes Control your emotions and build self-confidence Find who could you support Control your fear and anxiety
LInk to the resources	LInk to the resources: 33 Powerful Ways of Overcoming Fear … Right Now | Wake Up Cloud
Benefits for young adults, and youth workers (What does this resource do for young people?)	Focussing on the positive things instead of negative is the key to living happily
Key takeaway (The most important part of the analysis!)	Overcoming fear of failure is much easier when you take a positive approach to life.
English translation (if needed)	
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence	Have you ever thought about changing your whole mindset from fear to positive thoughts?

and skills matrix, so consider it in your questions suggestion)	
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	Who can support you when you are facing difficulties?

Name of the good practice	How to Stop Living in Fear?
Description	If you are afraid of failure, you might be uncomfortable setting goals. But goals help us define where we want to go in life. Without goals, we have no sure destination. Visualization as a powerful tool for goal setting could help you to imagine how life will be after you've reached your goal. This is a great motivator to keep you moving forward. However, visualization might produce the opposite results in people who have a fear of failure. Research shows that people who have a fear of failure were often left in a strong negative mood after being asked to visualize goals and goal attainment. So, what can you do instead? Start by setting a few small goals. These should be goals that are slightly, but not overwhelmingly, challenging. Think of these goals as "early wins" that are designed to help boost your confidence. Imagine that you've dreamed of returning to school to get your MBA, but you're convinced that you're not smart enough to be accepted into business school. Set a goal to talk with a school counselor or admissions officer to see what's required for admission. Try to make your goals tiny steps on the route to much bigger goals. Don't focus on the end picture: getting the promotion, or graduating with an MBA. Just focus on the next step: introducing yourself to the department head, and talking to an admissions officer. That's it. Taking one small step at a time will help build your confidence, keep you moving forward, and prevent you from getting overwhelmed with visions of your final goal.
LInk to the resources	LInk to the resources:

	Overcoming Fear of Failure - Don't Be Afraid of Failure From MindTools.com
Benefits for young adults, and youth workers (What does this resource do for young people?)	To know how to build self-confidence and manage fears
Key takeaway (The most important part of the analysis!)	To overcome fear of failure easier you do it step by step, or with setting up small goals at first and then challenge yourself with time to do more.
English translation (if needed)	
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	What kind of methods help to build self-confidence, set goals, manage fears?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	Have you ever thought to yourself that you might be reaching too high, setting great goals?

Name of the good practice	Support Team
Description	In the case of Arnhem (The Netherlands) was implemented the policy programme on educational priority and on ‘Going to School Together’. Priority was - to reintegrate disable students into mainstream education (‘Going to school together’, the Dutch acronym is WSNS) . School contact persons offered people from disadvantaged backgrounds a person to identify with, and make it easier for them to ask for information and help. Relations with parents from groups at risk of social exclusion are therefore dealt with more adequately. All these individuals and groups need to be approached in different ways, which is one way of showing the subtle capabilities school contact workers need to have. This Method included parents/guardians, teachers, school counsellors and youth workers and was made a support system for youngsters to have more than enough support and supervision. The outcomes were very positive and have a higher success rate than the national average.
LInk to the resources	LInk to the resources: 1855572.pdf (oecd.org)
Benefits for young adults, and youth workers (What does this resource do for young people?)	With a support team it’s easier and more efficient to overcome the fear.

Key takeaway (The most important part of the analysis!)	With a support team you can help anyone to overcome their fears.

English translation (if needed)	
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	Are you using a support team as a more efficient way for overcoming fear, for youth?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	Do you think you would like to have a support team to help you overcome fear?

SMART IDEA

Name of the good practice	**Positive Psychology Support Network** **(Successfully Teach Positive Psychology in Groups)**
Description	The efficacy of psychological interventions to increase well-being is, in many ways, the heart of positive psychology. While positive psychology can be beneficial in a multitude of individual and group contexts, incorporating concepts such as virtues, strengths, and mindfulness into your work with groups can help create a supportive framework for growth and development. This support network has the potential to increase well-being, connectedness, hope, life purpose, and vocational calling – and that is just the tip of the iceberg. So how can you, as a

	facilitator, create a group learning experience that is positive, professional, and valuable?
LInk to the resources	https://positivepsychology.com/ https://positivepsychology.com/blog/ https://positivepsychology.com/positive-psychology-groups/
Benefits for young adults, and youth workers (What does this resource do for young people?)	The goals of the Positive Psychology good practice is: - Improving the mental wellbeing of the population - teaching and advocating for positive psychology concepts like gratitude training, developing strength and virtues, emotional intelligence; - Improving the positive psychology concepts to deal with the fear of failure; - raising awareness of the important of teaching these concepts to others, individually and in groups;
Key takeaway (The most important part of the analysis!)	Overcoming fear of failure is much easier when you take a positive approach to life. Overcoming fear is easier when you have somebody to talk to (accountability groups). Gratitude training
English translation (if needed)	
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	(Open ended question) How would you approach a young adult that has fears and difficult emotions, how do you help them overcome it?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	(Open ended question) How do you deal with difficult emotions when you need to overcome fear?

Name of the good practice	**How Fear Helps (and Hurts) Entrepreneurs Harvard Business Review**
Description	An article by James Hayton and Gabriella Cacciotti, which describes the effects of fear & fear of failure when applied in a work environment, specifically entrepreneurship. Fear of failure stalks the world of the entrepreneur, from losing key clients to running out of money. For entrepreneurs, courage is not the absence of fear, but the ability to persist in spite of it. These fears are well-founded: Studies suggest that roughly 75% of ventures fail within 10 years
LInk to the resources	https://hbr.org/2018/04/how-fear-helps-and-hurts-entrepreneurs
Benefits for young adults, and youth workers (What does this resource do for young people?)	Young Adults: ● Emotional self-monitoring and control (identify and control emotions that would inhibit fear)

	• Problem-solving (take advantage of state of anxiety, actively seeking out flaws and weaknesses and doing something about them) Youth Workers: • Learning is a powerful antidote to fear of failure, helping to mitigate one's doubts by increasing one's capabilities, which means youth workers need to teach and increase young adults' knowledge to reduce fear • Giving support, mentors and networks can be a vital source of reassurance. Mentors and social supports are beneficial because they support the three strategies of learning, problem-solving, and self-awareness
Key takeaway (The most important part of the analysis!)	Fear can inhibit **and** motivate. Rather than simply stopping people from being successful, fear of failure can also be a tool to motivate greater striving for success. Monitor your emotions and don't react instantly. Write them down. Analyse them and make a plan.
English translation (if needed)	
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	How do you support youth going through the process of overcoming fear?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	How can you identify and monitor your emotions?

Name of the good practice	**Taking Charge**
Description	Taking Charge is an example of good practise to enhance your wellbeing. The motto is: “You're in charge”. People learn how a holistic approach to wellbeing can help discover health, contentment, purpose, and connection.
LInk to the resources	https://www.takingcharge.csh.umn.edu/how-deal-fear-and-anxiety
Benefits for young adults, and youth workers (What does this resource do for young people?)	Young adults ● A way to deal with individual fear ● Prevention of anxiety ● Mindfulness Youth workers ● List of exercises ● Practices to teach stress reduction ● Help change a mindset

Key takeaway (The most important part of the analysis!)	To overcome fear, practice stress reduction techniques, such as mindfulness meditation or aerobic exercise, shift your focus to the positive emotions in daily life. Work to identify meaning and purpose in your life & get support from others.
English translation (if needed)	
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	Do you use any exercise or technique for your fears and anxiety?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	How do you recognise and address anxiety?

Name of the good practice	**Five Second Rule (Mel Robbins)**
Description	Mel Robbins provides courses on self-doubt and confidence building, as well as books and videos on self-improvement topics. To change, you've got to override habits. Counting 5-4-3-2-1 acts as a "starting ritual" that overrides your bad habits and draws focus to your prefrontal cortex so you can take immediate control of your thoughts and actions – and help you create positive new habits. Researchers call this nifty brain trick "metacognition."
LInk to the resources	https://melrobbins.com/5-second-rule-everyday-courage/

Benefits for young adults, and youth workers (What does this resource do for young people?)	Young Adults ● "Metacognition" ● The ability to actively prevent forming of bad habits such as procrastination, self-doubt or not wanting to do the right thing Young Workers ● Teach metacognition and create environments to practice the 5 second rule
Key takeaway (The most important part of the analysis!)	The moment your instincts fire up (or you know you should do something) but you feel yourself hesitate, that's when you use the Rule. You have five seconds. Start counting backward to yourself, 5-4-3-2-1, then move. If you don't move within five seconds, <u>your brain will kill the idea and you'll talk yourself out of doing it.</u>
English translation (if needed)	
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	When you procrastinate or run into a specific problem, do have doubts about your ability to do it, and how do you motivate yourself?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	How do you help youth when they have self-doubt in their individual problems?

Name of the good practice	**Embrace Making Mistakes (Everydaypower.com)**
Description	Everyday Power is an educational reference website publishing quotes and articles that help people learn new perspectives, skills, and mindsets. Whether you're reading a collection of quotes about innovation and technology, or an article on how to increase your confidence, Everyday Power encourages its readers to consume information that is empowering, uniting, and uplifting. Reading inspirational quotes helps our readers learn about leaders, heroes, authors, writers, philosophers, and religious leaders, who have all, in their own way, affected the thinking of society.
LInk to the resources	https://everydaypower.com/motivation-from-mistakes/
Benefits for young adults, and youth workers (What does this resource do for young people?)	Young people ● Better preparation and mindset when it comes to mistakes ● More knowledge about oneself Youth workers ● Teaching the importance from embracing and learning from mistakes
Key takeaway (The most important part of the analysis!)	Embracing mistakes help people learn from them, creating a more humble and wise person. Mistakes that happen prepare the individual to know themselves better in future attempts at any given challenge.
English translation (if needed)	

Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	How do you deal with making mistakes?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	What would you do if a young person made a mistake?

Name of the good practice	**Why Risk-taking is Important**
Description	Since its establishment in 2001, EE has brought to life a wealth of programs. We started with the basics, academic tutoring, and as demand grew we added executive functioning workshops and test prep. Today, EE partners with families, schools, scholarship organizations, and other nonprofits to support students across the city in fulfilling their academic potential. Our unique family of programs makes us an educational company unlike any other we know. The Learner blog includes various topics for students and youth to improve their skills and other areas of interest.
Link to the resources	https://educationalendeavors.org/why-risk-taking-is-important/
Benefits for young adults, and youth workers (What does this resource do for young people?)	Young people ● Empowerment and new opportunities in life ● Chance for self-learning and exposing yourself to challenges

	Youth workers • Safe environment to create the habit of risk-taking
Key takeaway (The most important part of the analysis!)	Risk-taking takes us out of our comfort zones, but puts us in a position where our self-esteem can grow, we can make new friends and get new skills. It empowers the individual for new beginnings and can lead to greater success, especially if fear and failure is embraced.
English translation (if needed)	
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	How do you evaluate risks and how much do you take risks?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	How can you help a young person understand and take risks for self-improvement?

Links

- [ ] https://www.entrepreneur.com/article/321175
- [ ] https://www.entrepreneur.com/article/353219
- [ ] https://www.entrepreneur.com/article/299403
- [x] ~~https://hbr.org/2018/04/how-fear-helps-and-hurts-entrepreneurs~~
- [ ] https://www.psychologytoday.com/us/blog/transcending-the-past/201708/coping-fear-face-it-understand-it-overcome-it
- [x] ~~https://educationalendeavors.org/why-risk-taking-is-important/~~
- [x] ~~https://positivepsychology.com/positive-psychology-groups/~~
- [x] ~~https://www.takingcharge.csh.umn.edu/how-deal-fear-and-anxiety~~
- [ ] https://www.edutopia.org/blog/teaching-students-to-embrace-mistakes-hunter-maats-katie-obrien
- [ ] https://www.udemy.com/course/transform-your-fear-of-failure/
- [x] ~~https://melrobbins.com/5-second-rule-everyday-courage/~~
- [ ] https://www.lifehack.org/articles/lifehack/how-fear-of-failure-destroys-success.html
- [ ] https://www.mindtools.com/pages/article/fear-of-failure.htm

JUMPIN HUB

Name of the good practice	**Science of Happiness (Educate for Happiness)**
Description	Based on evidence from a research area in psychology - Science of Happiness (or Positive Psychology), it is proposed a Program of activities, training and workshops, aimed at Children, Youth, Families, Educators and Teachers, for the development of personal, social and emotional skills to promote Happiness, such as self-confidence and self-esteem, psychosocial well-being, mental health (reducing risk behaviors and health costs) and positive relationships. Some key competences are developed through the Program: Emotional Intelligence, self-knowledge, empathy, communication and interpersonal skills, resilience, critical and creative thinking, problem solving, initiative and decision-making. The implementation of the project is carried out at 3 levels: **Activities for Children and Young People** - carried out in Schools, from preschool to high school, with activities that promote Happiness, self-esteem, confidence and personal development; implemented by a network of certified monitors, to implement the project and activities.

	Training for Teachers and Educators - so that Teachers and Educators can develop skills in their students and their own personal development, using the latest methodologies of Positive Psychology and Emotional Intelligence, it's offered Certified Training made by qualified professionals. **Workshops for Parents and Families** - to provide Parents and families with tools and concepts of Positive Psychology and Science of Happiness, with dynamic sessions to reinforce parenting skills. Each session of the Program will always be evaluated and monitored to demonstrate results and contribute to the continuous improvement of the project and evidence of the benefits of participating in this Program. This project is being implemented in schools, youth centres and educational institutions, city councils and parish councils, colleges and institutions from north to south of the country. The contents are adapted to the age groups of the target audience, involving brief group sessions and, later, individual guidance and in small groups. About the program promoter: They are a team of professionals in the area of Psychology and Health, with experience in the development and implementation of programs to reinforce skills in schools and training with methodologies to be implemented, namely Positive Psychology, Cognitive Behavioral Psychology, Emotional Intelligence and Public Health Promotion. The promoting entity the Happy Age Association - educational and personal development association for children, young people and families, is a non-profit organization that promotes activities in the most diverse areas such as education, personal development, health and well-being.

LInk to the resources	http://escolapais.weebly.com/programa-educar-para-a-felicidade.html https://www.facebook.com/EducarFelicidade/
Benefits for young adults, and youth workers (What does this resource do for young people?)	Considering that the development of children and young people is dependent on the different contexts in which it takes place, it is intended to provide the various educational agents and youth workers (formal and informal) with tools to be applied on a daily basis, necessary for positive attitude and positive communication, family and individual well-being and academic and personal success. Using a face-to-face, experiential and dynamic methodology, themes such as Personal Development, Self-knowledge, Happiness, Positive Psychology, Positive Education, Optimism, Well-Being, Self-Esteem, Positive Emotions, Values, Conscious Parenting, Social Relationship and Emotional Intelligence are worked on.
Key takeaway (The most important part of the analysis!)	The Science of Happiness program aims for the development of personal, social and emotional skills to promote Happiness, such as self-confidence and self-esteem, psychosocial well-being, mental health (reducing risk behaviors and health costs) and positive relationships.
English translation (if needed)	
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	Do you include happiness as a criteria in your approach with youth? How do you address it?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	

Name of the good practice	**How to overcome fear of failure?**
Description	At some point, we've all been afraid of failure. It's human nature. When we leave our comfort zone, we feel scared. As professionals, our ego and identity become so involved in what we're doing that when things don't go our way, we can feel a great immobilizing fear. In this article, we'll look at fear of failure: what it means, what causes it, and how to overcome it for true success in work and life. **Causes of fear of failure** To find the causes of fear of failure, we first need to understand what “failure” really means. We all have different definitions of failure simply because we all have different reference values, values and belief systems. A failure in one person can simply be a great learning experience for someone else. Many of us are afraid of failing, at least some of the time. But fear of failure occurs when we allow fear to keep us from doing the things that can move us forward to reach our goals. Fear of failure can be linked to many causes. For example, having critical or unsupported parents is a cause for some people. Because they were routinely harmed or humiliated in childhood, they carry these negative feelings into adulthood. **How to face the fear of failure** It's important to realize that in everything we do, there's always a chance we'll fail. How can you learn to use failure to your advantage instead of fearing it? Here are some strategies to reduce the fear of failure: - Analyze All Possible Outcomes – Many people experience fear of failure because they fear the unknown. Remove that fear by considering all the possible outcomes of your decision.

	- Learn to Think More Positively – Positive thinking is an incredibly powerful way to build self-confidence and counteract self-sabotage. - Look at the worst-case scenario – in some cases, the worst-case scenario can be genuinely disastrous, and it can be perfectly rational to fear failure. In other cases, however, this worst-case scenario may not be so bad, and recognizing this may help. - Have a contingency plan – If you're afraid of failing something, having a “Plan B” can help you feel more confident about moving forward.
LInk to the resources	https://portaldalecarnegie.com/como-superar-o-medo-do-fracasso/
Benefits for young adults, and youth workers (What does this resource do for young people?)	**Find the benefits of past failures** All negative experiences have some benefits, even if they are difficult to see or appreciate at the moment. By practicing discovering these benefits with past failures, you can improve this ability to make the next attempt easier. To find the benefits, start by picking a past failure and write down three things you learned from it. For example, if you missed an important deadline, you may have learned that you need to prioritize better, say no to more projects, or smooth over perfectionism. Ask yourself: Have you made any changes to prevent failures like this from happening in the future? If not, take the time now to make some small changes. Then ask your friends how they benefited from past failures.
Key takeaway (The most important part of the analysis!)	We can choose to see failure as “the end of the world” or as proof of how inadequate we are. Or we can look at failure for the incredible learning experience it often is. Every time we fail at something, we can choose the lesson we should learn.

English translation (if needed)	
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	How can YW help young people overcome the fear of failure? How can YW help young people to transform failure into learning experiences?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	What do you think are the main reasons for failure? What lessons do you take from bad experiences?

Name of the good practice	**Growth Mindset - mental attitude for success**
Description	There are two types of mental attitudes—and only one leads to success. Carol S. Dweck, professor of psychology at Stanford University and an international expert on success and motivation, has developed in her research over the past few decades a truly innovative idea — the power and influence of our mindset, the mental attitude with which we approach life, decisively influences personal and professional success. According to the author, mental attitude is not just a personality trait: in fact, it explains how we become optimistic or pessimistic, and defines our goals, our approach to work and social relationships, and the way we educate our children. It is, therefore, a decisive factor for anyone to be able to fulfill their full potential. There are two fundamental types of mental attitudes: the fixed and the progressive. Those with the first believe that talent and abilities are defined from the outset and do not change throughout life. This is the path to stagnation and demotivation. On the other hand, those with a progressive mental attitude believe that talent can be developed, with time and persistence. This is the path of opportunity — and success.

	In this book, Carol Dweck shows, in a very practical and simple way, how it is possible to foster a progressive mental attitude at any time in life, boosting self-esteem, motivation and the ability to concentrate, and generating resilience and passion for learning — the foundation of great achievements in all areas.
LInk to the resources	https://www.fnac.pt/Mindset-A-Atitude-Mental-Para-o-Sucesso-Carol-S-Dweck/a839664 https://youtu.be/ouoSFrVPmEs
Benefits for young adults, and youth workers (What does this resource do for young people?)	These are some of the most crucial developmental advantages it can give young people. **Lifelong Learning** Growth mindset helps you enjoy learning and exploring your potential—and messing up—without worrying about what anyone thinks. **Higher Self-Esteem** When we have a growth mindset we learn to temper triumph with humility because we know that there is always a way to improve. Having self-esteem also means being unafraid to take risks and strive for better, even if it seems daunting. A growth mindset helps us understand our own strengths and weaknesses as we approach new challenges, thus increasing our capacity for navigating toward success. **The Power of a Three-Letter-Word** In the end, much of our lives are spent focusing on what we learn and what mistakes we make. It's inherent in our academic careers, our working lives, and relationships of every definition. Unfortunately, we're often conditioned to believe that it's our errors more than anything else that defines us. There's one simple word that can sum up the crucial connection between failure and learn with a growth mindset. That word is "yet." In all cases, the growth mindset practice centres on potential and possibility. It teaches us to tell ourselves "I'm not where I'd like to be yet, but hard work and perseverance will get me there in time." Teaching our learners the power of "yet" can have a keen impact on their outlook of themselves and their personal experiences.

Key takeaway (The most important part of the analysis!)	There are two types of mental attitudes and only one leads to success. - growth mindset
English translation (if needed)	
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	What can YW do to promote growth mindset in young people? What skills do the YW need to have to work towards growth mindset development?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	What do you think is the right mental attitude for success?

Name of the good practice	**The Psychology of Fear in Entrepreneurship**
Description	Knot in the stomach. Your heart speeds up as you think about the worst that can happen. These sensations have a name, fear, and our instincts scream for us to avoid it at all costs. As irrational and silly as it may seem in others, fear is a character we often have to face in life. However, artists, entrepreneurs and ambitious people are the people who most need to learn to live in fear to go beyond, precisely because they chose to follow uncertain paths and goals. Ultimately, what scares us most about fear is not what it makes us feel, but how it manipulates us into denying the things we most want in life.

For many neuroscientists, fear is the physiological state of a particular neural circuit in the amygdala that defines our response to threats. However, how we experience fear is a negative emotional response to perceived danger, which affects us both physically (increased heart rate and breathing) and mentally (expectation for a possible undesirable outcome).

The 5 types of fear

“Fear” is just the word we use to translate a feeling that varies greatly in intensity, duration and irrationality, and which can be triggered by different triggers. To understand it, let's subdivide it into the five categories described by Dr. Karl Albrecht in his book Practical Intelligence:

- Extinction: fear of no longer existing (death), which gives rise to fear of heights or of flying.
- Mutilation: fear of losing any part of the body or of being physically invaded or injured (includes fear of spiders and sharp objects).
- Loss of autonomy: fear of being helpless because of physical or social restrictions beyond our control. Examples: fear of closed spaces or even commitments that make you feel trapped.
- Separation: fear of rejection and of being unwanted or unappreciated by others; an especially damaging fear, considering that we are social creatures who yearn to bond. This fear usually manifests itself as that voice in your head that asks, "What will people think?"
- Ego death: fear of losing identity, having our self-confidence destroyed, or questioning our own competence and understanding of who we are. Examples: fear of failure and shame.

Each type of fear is related to our human needs, but the last three categories are perhaps the most prevalent in aspiring entrepreneurs.

Fear of failure as an ally

Fear of failure arises in entrepreneurs when they assess threats in situations where they can lose out. These episodes resurrect the feeling of failure or the

	consequences brought about by past mistakes. This can lead to one of three reactions below: - Run away: avoid facing the situation; - Paralyzing: freezing and being unable to act (examples: not being able to launch a business even though we know it is ready to be thrown out into the world); - Fight: Approach the threat aggressively and fight to control its consequences. You become an entrepreneur when you choose to fight, that is, when you seek to take the reins of your destiny when confronted by the prospect of failure.
LInk to the resources	https://www.shopify.com.br/blog/medo-no-empreendedorismo
Benefits for young adults, and youth workers (What does this resource do for young people?)	**Coping With Fear: Breathing, Meditating, and Moving Forward** It is much easier to tell someone to face their fears than it is to actually do it. Fear is a physiological response, and at times it can take a little more than just willpower to overcome. Fast breathing is one of the most visible symptoms of fear. Scientists have found that inhaling quickly (which is what we do when we feel coerced) improves memory retrieval and response times, which can be helpful when faced with a threat. But when there are no plausible threats, we can take advantage of conscious, deep breathing to dissolve fear and anxiety. This technique is the secret of mindfulness meditation which, in addition to controlling our breathing, helps us to see our emotions and thoughts as passing experiences. Apps like Headspace or Stop, Breathe, Think (free) can guide you through the practice of mindfulness meditation, helping you to slow down a little every day or whenever you need to.

Key takeaway (The most important part of the analysis!)	Nobody is "fearless". Human beings learn to deal with their fears until they stop bothering them.
English translation (if needed)	
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	What do you consider the best practices to cope with fear of failure? What can YW do to help young people overcome the fear of failure?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	What do you fear the most, when considering entrepreneurial activities? How do you deal with your fears?

Name of the good practice	**How Fear of Failure Can Be a Powerful Motivator for Entrepreneurs**
Description	The fear of failure is constant when it comes to entrepreneurship, because it is an activity that involves a lot of risks. Loss of customers, lack of demand and fierce competition are just some of them. There is still the possibility of bankruptcy, one of the biggest fears. Professors at Warwick Business School, UK, focused on the importance and impact of the concepts of fear and failure for entrepreneurs. His main finding was that, for these professionals, despite inhibiting actions, fear also has a motivating power. Specifically, in relation to the pursuit of success. With an investigation that included 65 entrepreneurs from the United Kingdom and Canada, the scholars came across those who had established businesses

	and those who were in the early stages of their venture. For the investigation, the fear of failure was defined (and standardized) by them as meaning “a temporary cognitive and emotional reaction to the threat of a potential achievement”. **The roots of fear** Seven roots of fear were repeatedly mentioned by respondents. After in-depth research about them, the teachers identified them as the main ones in these cases. Are they: #1 Financial security #2 Ability to finance the venture #3 Personal ability and self-esteem #4 Potential of the idea #5 Threats to social esteem #6 Capacity of the enterprise to execute #7 Opportunity costs
LInk to the resources	https://www.napratica.org.br/medo-de-falhar-motivador-empreendedores/
Benefits for young adults, and youth workers (What does this resource do for young people?)	**How to react to fear of failure** The study also revealed four strategies used by respondents – consciously or not – that reduce fear, or collaborate so that it ultimately has positive results. #1 Self-Monitoring and Emotional Control Emotional intelligence involves awareness of one's feelings as well as the ability to control their influence on thoughts and behavior. #2 Problem Solving Trying to solve problems (“problem solving”) is a powerful way to reduce the fear of failure. On the other

	hand, fear is often the result of concern and can signal that there are, indeed, points to be worked on in the endeavour. #3 learn Many respondents said they overcome fear by learning and seeking information. It can be studied to develop specific skills, or to better understand the market, for example. According to the study, some of the entrepreneurs stated that they prefer formal education. However, most said they seek to learn by doing research, reflecting and interacting with experts and mentors. #4 Seek support For entrepreneurs in constant battle with the fear of failure, mentors can be a source of security. Support from third parties is very beneficial because it can also help to strengthen the other three strategies: learning, problem solving, and self-awareness.
Key takeaway (The most important part of the analysis!)	"The fear of failure is widespread and has negative and positive effects on mood, decision-making and behavior. Although it is natural for an entrepreneur, the ability to anticipate and manage it is a vital skill."
English translation (if needed)	
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	How to foster the development of problem-solving skills within young people? How to identify the key motivators and use them efficiently?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	What keeps you motivated?

Name of the good practice	**How to develop a growth mindset within youth**
Description	As you are gearing up for another year of working with youth and striving to help them grow, consider this: youth can accomplish anything they want with effort, patience and the right mindset. According to Carol Dweck, our mindsets are malleable, and you can support the development of a growth mindset in the youth you serve. In her book, *Mindset: The New Psychology of Success*, Dweck defines two distinct mindsets and how they contribute to our success and failure. On one end of the spectrum is the fixed mindset, where individuals believe that their basic qualities are inherent; you are either good at something or you're not. Therefore, people in this mindset spend a lot of time documenting their talents. They are also known to avoid challenges, see effort as a weakness, take feedback personally and become easily discouraged in the face of setbacks. The growth mindset lies on the other end of the spectrum. Here, individuals believe their qualities and abilities can be developed over time through hard work and dedication. Practice, they believe, is the key to mastery. They look for opportunities to challenge themselves in order to learn and improve, and they utilize feedback as a tool for growth. It should come as no surprise that youth and adults who hold this mindset have better relationships and are more motivated, productive and resilient. Here are three ways you can impact the mindset of youth in your program or organization: 1. **Create Challenging but Supportive Programming.** Don't be afraid to challenge your youth! Facilitate activities and create projects for them to work on that require effort, tackling obstacles, requesting feedback or even learning a new skill. You can also encourage youth to do a little more than expected, such as writing for an extra minute, memorizing five additional vocabulary words or running three more laps. Most importantly, be there to support them

	throughout this process by providing encouragement and guidance. 2. **Build Intentional Peer Connections.** Consider the strengths and weaknesses of the youth you serve, and partner youth with contrasting abilities during activities and projects. This enables them to learn from their peers and observe how others solve problems and persist through challenges. Create opportunities for reflection so that youth can consider what they learned from their partner and you can further guide the development of their growth mindset. 3. **Use Effective Praise.** Believe it or not, the way you celebrate and talk about a young person's achievements impacts their mindset. It's important to listen to what they accomplished to praise *what was done* to achieve the success rather than just giving a simple "good job" or admiring their intelligence. By praising their effort, technique or another quality within their control, it creates a genuine interaction and shows that you were paying attention to steps they took to achieve success.
LInk to the resources	https://guideinc.org/2015/12/23/how-to-develop-a-growth-mindset-within-youth/
Benefits for young adults, and youth workers (What does this resource do for young people?)	Along with the obvious academic benefits, adopting a growth mindset can change a person's perception of themself entirely. Picture the child who feels as if he has no control over his abilities, and is helpless in the face of setbacks. Imagine how disheartened he may feel if he finds something difficult, which could lead to low self-esteem and a sense that there's no point trying at anything because he'll just fail. Long-term, this could lead to disruptive behaviour and discipline problems. Then picture the child who believes they can bounce back from failure, who relishes a challenge as an opportunity. This child is engaged in their school work, is more likely to perform well and succeed.

Key takeaway (The most important part of the analysis!)	While this process isn't always easy, the results are worth it. With planning, intentionality and determination, you can help youth grow into the best versions of themselves.
English translation (if needed)	
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	What are the best strategies to help young people strive and grow mentally?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	What do you consider the benefits of a growth mindset? How did you overcome the obstacles you faced so far?

Youthfully Yours SK

Name of the good practice	How to overcome the fear of failure. Successful people go for it in 4 steps
Description	The fear of failure can hinder us even if we are heading for something that can give us joy and enthusiasm. Fear can mean that we do not take the opportunity which can help us to reach our full potential. Successful people want to achieve success much more than they are afraid of failure. The resource provides 4 steps to help us accept the fear of failure and get us exactly what we want.
LInk to the resources	https://www.forbes.sk/ako-prekonat-strach-zo-zlyhania-prekonajte-ho-vdaka-tymto-4-krokom-uspesnych-ludi/
Benefits for young adults, and youth workers (What does this resource do for young people?)	YP - When you get lost in emotions of fear and lose sight of your vision, focus on your ultimate goal and stabilize. - Try to understand what you are afraid of. Understand what makes you stop so you can overcome it. Discover the barrier so you can get out of it. - Don't be ashamed to feel fear. Find strength in it. It is the key to unlocking your potential. Your fear is also a force. - Try to get out of your own comfort zone. If you do not feel a little uncomfortable, you do not move towards your goal. If you feel comfortable, you are stagnant.
Key takeaway (The most important part of the analysis!)	Fear kills more dreams than failure. Rather than allowing fear to stop us, let's look at it as an opportunity that makes us think about the way forward. Fear is not an obstacle. Fear can be a fuel - source of energy.
English translation (if needed)	

Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	How can we prevent young people getting lost in emotions of fear and support them to focus on their ultimate goals instead? How can we support the reflection of young people on their true fears? How can we support young people in accepting their fear and using its energy for their benefits?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	What has helped you in the past to leave your comfort zone?

Name of the good practice	Don't let the fear of losing keep you out of the game
Description	We can define fear of failure as our own paralyzer of our potential to achieve something. It sounds relatively simple and intuitive, but it is very difficult not to focus on the possible risks and serious consequences of failure. Researchers have found that if we want to succeed, we should focus on what we want to achieve and not on failing. According to them, feedback helps to eliminate our fear. Positive feedback increases people's chances of success, because the optimism you encounter on your journey is a great driving force in building your goals.
LInk to the resources	https://eduworld.sk/cd/martina-pupavova/2330/nedovolte-aby-vas-strach-z-prehry-vyradil-z-hry
Benefits for young adults, and youth workers (What does this resource do for young people?)	YP - Knowing about your mistakes can really improve your image of yourself. It shows your confidence, responsibility and integrity. Just remember to stick to the real facts. - It is one thing to make a mistake, but not trying to correct it is another. Take specific steps to make things right.

	- Having a plan helps you consolidate your thoughts, and also prevents you from making the same mistake in the future. - Allow enough time to absorb the lessons of your failure, and as soon as you feel strong again, try again and again. Focusing only on bad feelings increases your chances of getting nervous and losing all determination.
Key takeaway (The most important part of the analysis!)	Never let the fear of losing knock you out of the game. Those who were afraid to take a decisive step in their decision-making failed many times more than people who were optimistic and focused only on achieving their goals.
English translation (if needed)	
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	How do you support attitudes of optimism among young people that recover from failure?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	What helps young people to change their perspective while dealing with failure in a way they see mistakes as minor setbacks rather than crushing defeats?

Name of the good practice	The place of positive psychology in health psychology /Contributions from practice
Description	One of the important interfaces of positive psychology and health psychology is the area of prevention.

	Positive emotions generally predict health and longevity, and also protect against the destructive effects of aging. Happiness research has shown that happy people have healthier habits, lower blood pressure and a more powerful immune system, and are half as likely to die or become disabled, while being smarter in making real decisions
LInk to the resources	https://www.prohuman.sk/psychologia/miesto-pozitivnej-psychologie-v-psychologii-zdravia
Benefits for young adults, and youth workers (What does this resource do for young people?)	Of personality traits, extraversion (brings positive emotions) and neuroticism (negative) are most often associated with life satisfaction, which was also confirmed in the research of personality strengths in the context of well-being and happiness, where strengths were most closely associated with extroversion and at least with neuroticism (Kordačová, 2007). The most significant influence on reducing negative emotions was played by wisdom, courage, humanity, justice and transcendence, and the strongest barriers to the expression of strengths were negative expectations and irrational helplessness (Kordačová, 2008, 2009).
Key takeaway (The most important part of the analysis!)	Positive emotions have a much deeper meaning than just evoking pleasant feelings - they expand our enduring intellectual, physical and social resources and create reserves from which we can draw when a threat arises.
English translation (if needed)	
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	Which activities do you use in order to encourage feelings of optimism and resistance to depression among young people?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	What helps you to feel hope, faith, gratitude, courage, joy? In what situations do you usually feel these emotions?

Name of the good practice	Everyone has strengths. They make us happier
Description	The article by Ales Bednarik explains why focus on personal strengths matter. Strengths were one of the first areas that Positive Psychology researchers Martin Seligman and Christopher Peterson began to address. The focus on strengths also stemmed from the main idea of Positive Psychology - to focus on the good, the strong and the healthy in a person and not the bad, the weak and the sick.
LInk to the resources	https://psychologiastastia.sk/silne-stranky-ma-kazdy/
Benefits for young adults, and youth workers (What does this resource do for young people?)	YP - Part of a healthy self-confidence is to be aware of your strengths and weaknesses and to accept them. - Knowing the strengths helps in our conscious development. - Awareness of strengths helps us to apply them in our lives , choose jobs and activities where we can realize ourselves more fully.
Key takeaway (The most important part of the analysis!)	When you do a job or activity where you can apply your strengths, it fulfills you itself. You are not interested in the goal or the reward - because the goal and the reward is the activity itself.
English translation (if needed)	
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	How can we help young people to identify and assess their strengths and virtues?

Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	Have you been reflecting on your personal strength and weakness? What has helped you to identify them?

Name of the good practice	The application of positive psychology in the practice of education
Description	The study presents the idea that psychological resilience, social commitment, and a sense of meaningfulness in life should be transmitted to young people by teaching at school. This could serve as a vehicle to increase young people's satisfaction with life and support them in their own development of creative thinking. Thus, schools can become a place to enable young people to achieve large-scale development and increase their personal resources and their mental well-being.
LInk to the resources	https://springerplus.springeropen.com/articles/10.1186/2193-1801-3-147
Benefits for young adults, and youth workers (What does this resource do for young people?)	YW - Positive psychology as a science is based on a positive society – exploiting positive social institutions, in particular, those such as democracy, a strong family, and education, which promotes positive development.
Key takeaway (The most important part of the analysis!)	School seems to be a perfect place for implementing positive initiatives (prevention and positive therapy) for learning mental well-beingl.
English translation (if needed)	

Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	How can we support young people in the realization they have the potential for growth arising from their own strength signatures and virtues? What is the role of a Youth worker in this way?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	Is mental well-being something to be learned?

Name of the good practice	Optimism today. Is it possible?
Description	The author is a psychologist, specializing in positive psychology and education. In the presented article she explains optimism is a person's choice. Optimism is a person's strength, but also a life attitude and a way of interpreting events. Optimism means focusing on the future and perceiving obstacles, problems as a source of empowerment, enrichment, and growth. Optimists are people who do not give up and move on. They perceive reality, but by being future-oriented and wanting to "survive" figuratively speaking, they look for constructive solutions and a way out in a stressful or crisis situation. We can learn optimism. This is despite the fact that we largely inherit from our parents whether we are rather pessimistic or optimistic. However, we have a great deal in our hands.
LInk to the resources	https://eduworld.sk/cd/kornelia-durikova/7990/optimizmus-v-dnesnej-dobe-da-sa-to
Benefits for young adults, and youth workers (What does this resource do for young people?)	YP - Optimism is a person's overall attitude to life and a way of interpreting various life moments or situations that focuses on the future, health,

	perseverance, resilience and inner positive strength of a person . Optimism is also a person's strength, which is directly related to other strengths such as perseverance, gratitude, mental resilience.
Key takeaway (The most important part of the analysis!)	Optimism presupposes the ability to think with an open mind and look for solutions even where others have given up. Real optimism means not giving up on dreams, working hard on them and at the same time perceiving reality truthfully.
English translation (if needed)	
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	How we can support young people in realization they always have a choice - it is up to them to decide interpretation of certain life situation with either optimistic or pessimistic attitude
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	Is it possible to learn optimism?

Aspira

Research Structure

- [ ] Find and list literature/sources/articles/websites
    - [ ] Describe the good practice and add links
- [ ] Add benefits and comments
- [ ] Create interview questions

https://www.ted.com/talks/brene_brown_listening_to_shame#t-351376 - Shame is an unspoken epidemic, the secret behind many forms of broken behavior. Brené Brown explores what can happen when people confront their shame head-on.

https://www.abced.si/

https://www.maratonpozitivnepsihologije.si/arhiv-predavanj.html

http://videolectures.net/pozitivnapsihologija_veselko_epidemija_poguma/

https://mladipodjetnik.si/novice-in-dogodki/novice/kako-se-v-podjetnistvu-nauciti-obvladovati-in-premagovati-strah

https://brenebrown.com/daringclassrooms/#close-popup

http://videolectures.net/pozitivnapsihologija_veselko_epidemija_poguma/

http://videolectures.net/pozitivnapsihologija_perko_resevanje_stisk/ Discipline, courage and perseverance as a condition for solving life's hardships

https://www.youtube.com/watch?v=8J3i5zTC25k Dr. Aleksander Zadel: Deluješ, kot izbereš - družba in zaupanje (You act the way you choose - society and trust)

Name of the good practice	**Character Education**
Description	CHARACTER COUNTS! provides practical character education strategies, curricular resources, and training to positively impact your school system, community,

	youth-serving, or people-helping organization. The CC! initiative has demonstrated success as a stand-alone initiative or working in alignment with other programs such to foster positive climate change to produce exceptional results in the academic, social and emotional, character education, and school-climate domains. CC! utilizes its Six Pillars of Character: trustworthiness, respect, responsibility, fairness, caring, and citizenship as a foundational strategy while incorporating other nation's best-practices and methodologies. Besides emphasizing and promoting a focus on positive school climate, other defining elements of CC! are intensive decision-making strategies, mindfulness, growth mindset, and behavioral change theories. CC! practical strategies produce exceptional results in the academic, social, emotional, and character development domains (The Four Wheels of Success).
LInk to the resources	https://charactercounts.org/about-character-counts/ https://curriculumredesign.org/wp-content/uploads/Character-Frameworks-CCR-Synthesis-Charles-Fadel-Final.pdf Character development
Benefits for young adults, and youth workers (What does this resource do for young people?)	Both - Higher self esteem. Building trust in themselves.
Key takeaway (The most important part of the analysis!)	In brain-based learning, the brain cannot function (learn) when a person is experiencing stress or anxiety. That is why **character education is useful in establishing a healthy emotional environment.**
English translation (if needed)	

Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	Name the most important traits of character development. What character development means to you? Do you think that Character development can reduce the fear of failure? What kind of knowledge and skills a youth worker should possess when working with youth on character development?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	What is the hardest thing (regarding your decisions) you have had to forgive yourself? BHow did you handle it? Are you still dealing with it? When was the last time you were late to anything? Why? How late were you? How did you handle it? If you had to list three factors that have prevented you from being even further along than you are now, what are they? What particular task or project do you believe you did a great job with? (Be specific. Explain why you feel it was great).

Name of the good practice	**How to learn to manage and overcome fear in entrepreneurship?**
Description	Article by Petra Kušar Are fears learned or innate? Fear hinders us from moving forward, it can hinder our progress. Fear is not just negative. To some extent, it is welcome as it protects us from headless risk. It allows us to be more thoughtful and rational in making decisions. We are becoming similar to the people we hang out with. People are often in a hurry to make their decisions and we want to have everything right away. However, each thing takes its time.

	Importance of setting the deadline. It is important that you act thoughtfully and take the time to make decisions. However, even thinking too much can be bad. If you dissect a certain thing in detail and carefully examine all the possible scenarios that may happen, then this may be a sign of too much fear and lack of spontaneity.
LInk to the resources	https://mladipodjetnik.si/novice-in-dogodki/novice/kako-se-v-podjetnistvu-nauciti-obvladovati-in-premagovati-strah
Benefits for young adults, and youth workers (What does this resource do for young people?)	In overcoming fear, it is therefore important to form a support group of people around you who will encourage you to achieve your goals and will believe in you. Planning small steps is a great tool for overcoming fear. From the beginning, set very small goals that will be easily achieved, but over time, these should be slightly higher. In this way, you will initially gain the self-confidence needed to better accept potential falls in the future and take the necessary risks. When planning to take the next step, of course, gathering as much information as possible is important, but trusting instinct when making the final decision is also important.
Key takeaway (The most important part of the analysis!)	When planning to take the next step, of course, **gathering as much information as possible** is important, but **trusting the instinct** when making the final decision is also important. So fear is an integral part of each of us. It will always be present to a certain extent and there is nothing wrong with that. It is important that we do not allow fear to incapacitate us, but that we indulge in what we want despite feeling it and **thus overcoming it**. Even if we end up failing. It's much worse to live with regret because we haven't even tried something than to experience some kind of failure on the journey.

English translation (if needed)	/
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	How important is it for you that young people gain the knowledge and skills to set a clear vision and goals for the future? How important do you think it is for young people to be actively involved in the processes of planning, organizing and implementing various activities and projects? Do you think the result or the path to the result in youth work is more important for OFF? What is the role of a YW in this pathway?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	Are there people around you who make decisions easily? When faced with the task of making a decision, is it difficult for you? What strengths would you take for yourself from the people that surround you. Is it usual for you to divide your goals into smaller and easier to manage goals?

Name of the good practice	**Epidemic of Courage: How to find the courage to live a bold life?**
Description	Katarina Veselko Attitude to vulnerability. Vulnerability is mostly understood as weakness, risk, high emotional exposure, something that defines us as an easy prey. Vulnerability is not a weakness. Vulnerability is courage up close. The fear of failure prevents us from

	entering the arena, as this fear keeps us at its door - at the edge. Opinions of “my” people. These are opinions that really count. Those who sit in the support section and cheer for us. Courage is a skill - dealing with vulnerability, clarity of values and meaning, building trust and psychological security, overcoming obstacles and failures. Courage goes step by step. First we feel our vulnerability and we feel fear. Then we need to remember that this is human, that it is okay, that we are not going to deny these emotions but that we are compassionate towards ourselves. Then we have to remember - why I am here and why I do it (clarity of values). We remember people we trust, who support me in this - in this way we feel safe and aware that even if we fall, we will survive, we will recover. After this process comes the choice for courageous action.
LInk to the resources	http://videolectures.net/pozitivnapsihologija_veselko_epidemija_poguma/
Benefits for young adults, and youth workers (What does this resource do for young people?)	Both - Awareness and acknowledgment of one’s own weakness is not a reflection of failure, but of courage. YW - the importance of being in a supporting section for young people. Understanding the process of courage which will lead YW to support youth with their journey of OFF.
Key takeaway (The most important part of the analysis!)	Courage is **a skill**, so it is **teachable**.
English translation (if needed)	/
Questions for Youth Workers (please do not forget that the	Can you give us some examples of how you could contribute to making the work environment safer, as your

final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	behavior is more accessible so that they can reveal their vulnerability? What competencies do we need to foster courage in young people?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	How much do you agree with the statement that courage is a skill and therefore teachable. When you are facing fears, anxiety, shame, what kind of support do you need? What kind of personal support do you need? (what kind of people's profile is needed then - what do you expect from them). Think about your past and a particular moment in your life that you can say - I've found the courage. Can you explain - in what kind of environment that happened, what kind of support you received, what skills and knowledge these people had?

Name of the good practice	**New Neuroscience Reveals 4 Rituals That Will Make You Happy**
Description	Indirect source from the Upward Spiral: Using Neuroscience to Reverse the Course of Depression, One Small Change at a Time Paperback - Alex Korb. A neuroscience insight into our brains (dealing with different actions that we make). When developing the activities with youth it is good to consider topics listed below. 4 topics: 1. The Most Important Question To Ask When You Feel Down Sometimes it doesn't feel like your brain wants you to be happy. You may feel **guilty or shameful**. Why? Believe it

	or not, guilt and shame activate the brain's **reward** center. Despite their differences, **pride, shame, and guilt all activate similar neural circuits**, including the dorsomedial prefrontal cortex, amygdala, insula, and the nucleus accumbens. Interestingly, pride is the most powerful of these emotions at triggering activity in these regions — except in the nucleus accumbens, where guilt and shame win out. This explains why it **can be so appealing** to heap guilt and shame on ourselves — they're activating the brain's reward center. Alternative: What am I grateful for? The benefits of gratitude start with the dopamine system, because feeling grateful activates the brain stem region that produces dopamine. Additionally, gratitude toward others increases activity in social dopamine circuits, which makes social interactions more enjoyable… 2. Label Negative Feelings more on the link below 3. Make That Decision Brain science shows that **making decisions reduces worry and anxiety** — as well as helping you solve problems. So when you make a decision, your brain feels you have control. 4. Touch People more on the link below
LInk to the resources	https://www.bakadesuyo.com/2015/09/make-you-happy-2/
Benefits for young adults, and youth workers (What does this resource do for young people?)	YP - has a tool to overcome fear, to change their bad emotions toward better well-being. YW - understand the effect of human actions on their brains and indirectly on their well-being. Very useful for YW when developing or planning activities with youth regarding OFF.

Key takeaway (The most important part of the analysis!)	**<u>We can “trick” our brains</u>** to overcome fears, anxiety, shame, guilt etc. Here’s what brain research says will make you happy: Ask “What am I grateful for?” No answers? Doesn’t matter. Just searching helps. Label those negative emotions. Give it a name and your brain isn’t so bothered by it. Decide. Go for “good enough” instead of “best decision ever made on Earth.” Hugs, hugs, hugs. Don’t text — touch.
English translation (if needed)	/
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	How to encourage young people to think about gratitude - how to motivate them? How important is meditation in the process of youth work in the field of OFF. Do you think you are possessing needed skills and knowledge? What are you missing at your performance?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	Is it your habit to think about your gratitude to other people? Are you able to switch off your brain - to stop worrying? Can youth workers support you with that? How? Does the saying “almost good enough, usually IS good enough” apply to you when making your own decisions?

Name of the good practice	**About curiosity, courage and fear in schools**
Description	Kristjan Musek Lešnik One of the fears that can deeply guide our decisions is the fear of failure. It appears where failure is understood as something bad, shameful. We live in a society that emphasizes results, standards, expectations. Related to this is the belief that education is meant to collect recognitions, diplomas and titles. An environment in which children collect points that open or close the door to the future for them establishes a natural breeding ground for fear of failure. Nothing so much stifles human curiosity and creativity as the fear of failure. The fear of failure forces us to remain in the comfort zone, to insist on familiar and safe routines, to give up trying new and different things. The fear of failure is to blame for the fact that many people focus more energy and focus on preventing failure than on finding success. An important step out of this comfort zone can happen when (if) a young person begins to **accept himself fully**, with all his **talents, abilities, as well as shortcomings**. Once he begins to understand that **his identity is not based solely on the number of accolades and the average rating, but is much broader, he can begin to overcome the fear of failure**. To overcome this, he urgently needs the support of adults, an assurance that he can feel accepted and understood even in the face of failed attempts. This support is key to developing courage. The shift from a child who wants to please adults and is therefore afraid of failure, to an **adolescent** who **is driven by intrinsic motivation** and therefore does not understand failure as something to be afraid of, but as a necessary life experience on the path to success, can only happen in an environment in which children and young people feel **accepted and safe**. Even in his testing. **Also (and above all) with their mistakes.**

LInk to the resources	https://www.abced.si/post/o-radovednosti-pogumu-in-strahu-v-%C5%A1olah
Benefits for young adults, and youth workers (What does this resource do for young people?)	YP - understanding their own identity and the fact that it is a broad Thing. Acknowledge and accept their own shortcomings. YW - understanding the importance of the process, focus on the process, not the result. Importance of not avoiding challenges, problems. Importance of clear and honest feedback.
Key takeaway (The most important part of the analysis!)	Brave people **face their mistakes**. And so they can fix them. People who are **afraid of making mistakes deny their mistakes**. And so they **repeat** them.
English translation (if needed)	/
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	In your opinion, is shame culturally conditioned? Whether intercultural learning affects the understanding of shame and indirect benefits OFF? Which aspects of intercultural learning? What competencies YW need to lead young people through the process of a reflection after mistakes were made, to get the most valuable learning experience at the end.
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	In your opinion, is shame culturally conditioned? Please give some examples. Please describe some learning experiences resulting from mistakes made. Do you think that at the end these were valuable experiences?

Name of the good practice	**Shame Resilience Theory: A Grounded Theory Study on Women and Shame**
Description	Brene Brown The purpose of this study was to generate a theory, grounded in data, that explains (a) why and how women experience shame; (b) how shame impacts women; and, (c) the various processes and strategies women employ to resolve their main concerns regarding the impact and consequences of shame. SRT proposes that shame is a psycho-social-cultural construct. The psychological component relates to the participants' emphasis on the emotions, thoughts, and behaviors of self. The social component relates to the way women experience shame in an interpersonal context that is inextricably tied to relationships and connection. The cultural component points to the very prevalent role of cultural expectations and the relationship between shame and the real or perceived failure of meeting cultural expectations. "unwanted identity" Based on the participant interviews, SRT proposes that women who experience shame in an area where they are aware of their personal vulnerabilities demonstrate higher shame resilience than women who experience shame in an area where they have not acknowledged their personal vulnerability or in an area where they perceive personal invulnerability. The ability to deconstruct and contextualize a situation normalized the participants' experiences and greatly assisted them in realizing they were not alone in their experiences. In their definition of consciousness-raising, BrickerJenkins and others, describe a problem-posing dialogue involving the following series of questions: (a) Who am I? (b) Who

	says? (c) Who benefits from this definition? and (d) What must change and how? The participants with little or no critical awareness appeared to often lack the skills necessary for deconstructing and contextualizing their shame experiences. SRT proposes a positive relationship between shame resilience and a woman's ability to speak shame. Speaking shame allows us to work together to develop strategies to increase shame resilience. Women reported that acquiring language that allowed them to accurately express their shame experiences increased their ability to recognize and name shame and increased their understanding of the importance of externalizing and sharing shame experiences.
LInk to the resources	https://rootsbecometrees.files.wordpress.com/2014/04/shame-resilience-theory-a-grounded-theory-study-on-women-and-shame.pdf https://shareok.org/bitstream/handle/11244/12918/2014_Bendure_Jenny_Dissertation.pdf;jsessionid=5728E76C81B3B7CC35C417B9DC0C736B?sequence=2 - JENNY M. BENDURE
Benefits for young adults, and youth workers (What does this resource do for young people?)	YP - develop shame resilience. Ability to speak about shame. Develop mutually empathic relationships. Knowing their own vulnerabilities and accepting them. Increase critical awareness. YW - when preparing educational programs, they are aware about the importance of developing the activities for group or individual youth work with the consideration about the above mentioned topics. Have the knowledge to build shame resilience which will benefit young people when facing fears (especially OFF). Both - Increased understanding of shame. Increased options/ strategies for developing shame resilience. Create change.

Key takeaway (The most important part of the analysis!)	**SRT** can be applied in diverse **practice settings**. The goals for practitioners working with women on **shame issues** should be to help clients **identify personal vulnerabilities, increase critical awareness** of their shame web, **develop mutually empathic relationships** that allow them to reach out to others, and **learn to speak shame**. Given the focus on raising critical awareness and education, psychoeducational **group work** or a combination of **individual work** and psychoeducational group work should be considered.
English translation (if needed)	/
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	How to make contact with a young person who has experienced a sense of shame - what kind of abilities YW should have? How to prepare a safe space for sharing shame and deepest emotions regarding it. What kind of competencies should YW have when they are working with youth - group or individuals that are facing shame. In your opinion, what is more important to “teach” young people - self esteem or self compassion, regarding the topic of overcoming shame or building shame resilience.
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	Did you have a shaming experience in your life? How did you felt? What kind of strategies did you use to overcome those feelings? Were you able to talk about it with someone? Who? What in the conversation supported you in a given situation (feeling shame)? Was it easier if someone else talked about their shame experience? Were you able to deconstruct and contextualize your shame experiences? Do you accept your vulnerability?

Ragina

Name of the good practice	**Thinking Rationally For Fear Of Failure**
Description	Compilation of publications, i.e. Guy Inch, Leon Ho defining fear of failure, signs and effects of it. The objective is to create awareness of fear of failure via putting it into rational categories by approaching following questions: What is fear of failure? What are potential effects of fear of failure upon one's life? What causes fear of failure? How fear of failure holds one back? How to recognize if I have fear of failure? Where to start?
LInk to the resources	https://dictionary.apa.org/fear-of-failure https://www.psychologytoday.com/us/blog/the-squeaky-wheel/201306/10-signs-you-might-have-fear-failure https://www.lifehack.org/articles/lifehack/how-fear-of-failure-destroys-success.html https://www.mindtools.com/pages/article/fear-of-failure.htm
Benefits for young adults, and youth workers (What does this resource do for young people?)	Dealing with concepts and roots of fear of failure is a solid starting point for converting one's mindset toward growth. To be able to reframe failure by shifting someone's goals, so that "fail" is impossible, because regardless of

	the outcome, they are bound to learn something of value. Uncover the negative story and rewrite it as “I’m willing to take risks, I learn from my mistakes and move on.”
Key takeaway (The most important part of the analysis!)	Fear of failure is a matter of perception. It is a product of our mind, thus fear of failure could make or break a person. The perception and understanding of the core of fear of failure matters.
English translation (if needed)	
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	What is the most severe failure young person could face? How could you support him/her to understand FF?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	What does fear of failure mean to you? Please, give an example! Where fear of failure comes from? (family, bad school environment, etc.)

Name of the good practice	**Coping With Fear Of Failure**
Description	Compilation of three articles, i.e. Vanessa Loder, Susan Peppercorn and Guy Inch with a set of steps to overcome fear of failure. The objective is to empower proceeding after redefining fear of failure as discrepancy between what one hopes to

	achieve and what one might achieve. The course of thought goes through: To be able to take ownership of fear; To focus on aspect of one's scope of control; To apply particular steps/ tactics to overcome fear of failure, i.e. goal setting, visualizing obstacles, visualizing success, etc.
LInk to the resources	https://www.psychologytoday.com/us/blog/the-squeaky-wheel/201306/10-signs-you-might-have-fear-failure https://hbr.org/2018/12/how-to-overcome-your-fear-of-failure tps://www.forbes.com/sites/vanessaloder/2014/10/30/how-to-move-beyond-the-fear-of-failure-5-proven-strategies/
Benefits for young adults, and youth workers (What does this resource do for young people?)	They both will be provided with techniques to start overcoming fear of failure.
Key takeaway (The most important part of the analysis!)	There are easy amplification steps/ techniques for coping fear of failure.
English translation (if needed)	
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	To what extent do youth take ownership of their lives? How would you approach them to be authors of their live story? How do you evaluate youth abilities to set and revise their goals? How do you support their ability for goal setting?

	To what extent youth are capable of deriving learning from their failures? How would you approach them to derive learning?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	What is the biggest challenge you came across? How did you cope with it? What would have happened if you had failed? Why would you fail?

Name of the good practice	**Five Steps Toward Better Life**
Description	Vasil Ralchev, Georgi A. Dimitrov These are success stories of two young Bulgarians in their personal strive for changing their mindset, both becoming entrepreneurs. They describe the process of their personal development along with sharing ideas and advice; they consider them as being of best value. Both men are authors of a project “Do not be mediocre”, in which they create awareness, promote ideas and tips for meaningful, successful and happy life via short Youtube videos. Their Five steps toward better life book stress on: The power of positive habits. How to build and maintain them? How to enjoy a better social life or the swamp of public opinion? How to keep on being motivated? How and why to act as entrepreneurs? What does it take to be an entrepreneur in Bulgaria? They reveal contemporary concepts for personal development via their individual example in an interacting, fascinating and positive manner.

LInk to the resources	https://www.book.store.bg/p243330/pet-stypki-kym-po-dobyr-zhivot-vasil-ralchev-georgi-a-dimitrov.html (In Bulgarian) https://www.youtube.com/watch?v=LS_9Gor7Wgw (example, In Bulgarian) https://www.youtube.com/watch?v=TOpDsH5U138 (example, In Bulgarian)
Benefits for young adults, and youth workers (What does this resource do for young people?)	They both will be aware of vivid examples on how popular concepts can be implemented and what outcome they could bring in the real life of young people. They will be equipped with particular techniques for improvement and sources for future development.
Key takeaway (The most important part of the analysis!)	The search and application of various personal development techniques result in a better and happier life. Mission is possible with concepts, tools and tips for personal improvement in five areas, i.e. positive habits building, better social life, self-motivation, entrepreneurship, entrepreneurship in Bulgarian environment.
English translation (if needed)	
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	To what extent young people pay attention and put effort into acquiring positive habits? How do you approach them in that matter? How do young people cope with public opinion? How do you support them? To what extent young people are self-motivated and able to keep their motivation? How do you help them to boost their motivation? To what extent young people take action when they see opportunity for gain? How do you approach them in that matter?

	To what extent young people are willing and capable to start their own business? How do you support them?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	How often do you consider changing something in your daily routine? Describe a situation with other people (friends, parents, teachers, etc.), in which you did not perform in your best way. How would you describe your common emotional condition? Think and point out which are the most important things that make you very happy. Please, list five of them!

Name of the good practice	**The Power of Inner Dialog**
Description	A handbook (Gary John Bishop) for developing personal potential via overcoming the limitation one impose on his/her self. As people go about their daily lives, they are subconsciously interpreting every situation that arises. People have an internal voice inside their mind that shapes their perception about what they are experiencing. Some of their internal conversations can be negative, unrealistic, self-defeating and self-deprecating. Gary Bishop gives tools and advice on how to get rid of the internal fluctuation and develop one's potential. To put them shortly: Where negative self-talk come from; How does inner dialog affect one's life? How to replace a negative mindset with a positive one? Steps in support of achieving it.
LInk to the resources	https://www.ozone.bg/product/unfu-k-yourself-zarezhi-kolebaniyata-zhivotat-te-ochakva/ (in Bulgarian)

	https://www.goodreads.com/book/show/32738672-unfu-k-yourself https://www.lifehack.org/651369/the-voice-inside-your-head-is-playing-with-you
Benefits for young adults, and youth workers (What does this resource do for young people?)	Realizing the power and pitfalls of the inner dialog and steps to replace a negative mindset with a positive one.
Key takeaway (The most important part of the analysis!)	Other people do not hinder a person, not even circumstances hinder one's ability to succeed. The one is hindered by the negative monologue that constantly sounds in one's head.
English translation (if needed)	
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	What prevents young people from living life in the best way? How do you approach them to overcome these preventions?
Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	What prevents you from living life in the best way?

Name of the good practice	**The 5 Second Rule**

Description	People all face desires and goals in their lives that seem too ambitious, too complex or almost impossible to achieve. Mel Robbins suggests the 5 second rule (in her book) as a simple and universal solution to a problem of stopping when step forward is what people need. Robbins refers to the science of habits and to personal stories in order to explain the power of the decisive moment in which people choose to act. The rule is a simple metacognitive tool, which creates immediate and lasting behavioral change.
LInk to the resources	https://www.soft-press.com/book/1342/type_author (in Bulgarian) https://otkasi.com/2020/05/08/5-sekundno-pravilo-mel-robins/917/ in (Bulgarian) https://melrobbins.com/the-5-second-rule/
Benefits for young adults, and youth workers (What does this resource do for young people?)	Realizing the power and importance of acting in 5 seconds when somebody feels an instinctive impulse to pursue a goal or feel hesitant to do something that he/she needs to do.
Key takeaway (The most important part of the analysis!)	Both counting and moving are actions. When somebody learns to act when he/she would normally stop and think, he/she would make dramatic changes.
English translation (if needed)	
Questions for Youth Workers (please do not forget that the final outcome of the questionnaire should be building competence and skills matrix, so consider it in your questions suggestion)	How would you approach a young person who considers more thinking than acting every time he/she experiences self-doubts?

Questions for Youth (what information will be valuable for our project to be collected from youths, so we will do better training program)	What would you choose when you experience self-doubts - thinking or acting?

Space for your working links - will be deleted after the document is finished!

Research Structure

- [ ] Find and list literature/sources/articles/websites
    - [ ] Describe the good practice and add links
- [ ] Add benefits and comments
- [ ] Create interview questions

- *Crouch 2016, The shame culture - https://bit.ly/3cJZuB4*
- *Social & emotional learning* - https://bit.ly/36k6fs9
- Positive Psychology https://bit.ly/PositivePsychologyDef
- Books on Fear of Failure - link

- http://www.epsihologija.si/
- https://positivepsychology.com/positive-psychology-groups/
-