



## Be A YES Challenge B1

I can say “yes” to myself and the world around me.

Entrepreneurial Culture



### My Character Strengths

Students will first assess their unique personal character strengths in a standardised test. After that, the “Be A YES” programme will help them focus on things that went well and they will learn to make conscious decisions.

## Student Manual









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# You<sup>th</sup> Start Entrepreneurial Challenges Programme

based on the TRIO Model for Entrepreneurship Education – [www.youthstart.eu](http://www.youthstart.eu)

Core Entrepreneurial Education				Entrepreneurial Culture						Entrepreneurial Civic Education	
	Idea Challenge		Hero Challenge		Empathy Challenge		Storytelling Challenge		Buddy Challenge		My Community Challenge
	My Personal Challenge		Lemonade Stand Challenge		Perspectives Challenge		Trash Value Challenge		Open Door Challenge		Volunteer Challenge
	Real Market Challenge		Start Your Project Challenge		Extreme Challenge		Be A YES Challenge		Expert Challenge		Debate Challenge

The TRIO Model is a holistic definition of entrepreneurship that encompasses three areas:

**Core Entrepreneurial Education** comprises basic qualifications for entrepreneurial thinking and acting: developing and implementing original and innovative ideas in a creative and structured manner.

**Entrepreneurial Culture** refers to personal development: self-initiative, self-confidence, teamwork, empowering oneself and others.

**Entrepreneurial Civic Education** aims at enhancing social competences and empowering students in their role as citizens: assuming responsibility for oneself, others and the environment.

Each challenge belongs to a **challenge family** that has its own icon with a colour code that corresponds to one of the three TRIO areas. A challenge family comprises several challenges on different competence levels. The letter codes given in the teaching materials correspond to the following levels:

A1 – primary level; A2 – secondary level I; B1 and B2 – secondary level II; C1 – transition from secondary level II to tertiary level. Each level builds on the preceding level.



# Worksheet 1

## Me at my best

Introduction:

We often focus on the problems in our lives, on what annoys us about ourselves, about others or about our circumstances. It is much more rare that we concentrate on the things that are going really well or that make us happy.

The “Be A YES” Challenge is intended to encourage you to explore your own strengths so that you can use them consciously – and possibly in new ways.

Answer the following questions:

1. Briefly describe a situation in your life when everything worked out really well:

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2. Which of your talents, abilities and strengths did you use in this situation?

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3. Which other talents, abilities and strengths do you possess that you like most about yourself?

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4. How are these talents, abilities and strengths visible to others?

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# Worksheet 2: My character strengths

This task deals with the 24 character strengths, as defined in Positive Psychology. The test we use was developed by US psychologists Christopher Peterson and Martin Seligman.

You can access the questionnaire at this website with 2 million registered users:

**[www.authentichappiness.org](http://www.authentichappiness.org)**

You will need to register with a user name and password. Please select the **VIA (Values in Action) Strength Survey for Children**. It is intended for children and teenagers aged 8 to 17 and comprises 198 questions. It will take about 55 minutes to complete.

You can also take the abridged version of the test, with only 48 questions (based on the test published in: Martin Seligman: *Flourish – A Visionary New Understanding of Happiness and Well-being*. Free Press 2011; with minor adjustments in language).

You will need to evaluate the abridged version of the test yourself, using the evaluation sheets. The longer version will automatically display your results online and will let you print them once you have completed the test.

**Step 1:** Take the character strengths survey individually (either online at [www.authentichappiness.org](http://www.authentichappiness.org) or on paper using the document “B1 Be A YES Challenge – Character Strengths Survey”).

Important: there are no right or wrong answers to these questions.

**Step 2:** Write down your top 5 character strengths in the column “How I see myself” of table “2.1. My top 5 character strengths”.

➤ **Step 3:** Find two people to whom you feel close and whom you like very much (e.g. a friend or a family member). These people should know you well and like you. Ask them to complete the test about you and to give you the results.

➤ **Step 4:** Write down your top 5 character strengths, as identified by these two people, in the columns “How ..... sees me” of table “2.1. My top 5 character strengths”.

➤ **Step 5:** From all three columns, compile your “individual strengths profile” (2.2).

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### 2.1. My top 5 character strengths

Fill in the 5 character strengths for which you have received the highest scores!

	<b>How I see myself</b> <i>List your top 5 character strengths according to your test results.</i>	<b>☞ How ..... sees me</b> <i>Top 5 character strengths according to test completed by .....</i>	<b>☞ How ..... sees me</b> <i>Top 5 character strengths according to test completed by .....</i>
1			
2			
3			
4			
5			

### 2.2. My individual strengths profile

	Summary: My individual strengths profile
1	
2	
3	
4	
5	



## Worksheet 3

Carefully read through your answers to Worksheet 1 and respond to the following questions:

1. Which of your top character strengths did you use in the positive situation you described on Worksheet 1?
2. Were you aware of this strength when you completed the exercise or have the results of the character test made you aware of it?
3. Have you identified any further strengths in yourself of which you were not aware when completing Worksheet 1? If so, please add these strengths on Worksheet 1 (questions 2-4).

## Worksheet 4

Analyse:

1. Where do your self-perception and the way you are perceived by others differ strongly?
2. Have others identified strengths you have that you had not perceived?
3. If so: what could be the reason for that?
4. Have you identified a strength in you that others do not perceive?
5. If so: what could be the reason for that?



# Worksheet 5: The 24 character strengths

Find the qualities that you think define each character strength and write them down in the appropriate column. Find at least one person (someone you know, a public figure, a literary character, etc.) whom you consider a model example of the respective strength and add your own name for your top five strengths. The following list of professions which are often associated with certain character strengths may help you identify model personalities:

explorers & researchers, artists, scientists, footballers, inventors, clowns, athletes, judges, priests, missionaries, ...

	Character strength	Defining qualities	Personalities with this character strength
<b>I. Wisdom and knowledge</b>			
1	Curiosity and Interest in the World		
2	Love of learning		
3	Critical Thinking and Objective Judgement		
4	Creativity, Originality and Ingenuity		
5	Social intelligence		
6	Perspective and Wisdom		
<b>II. Courage</b>			
7	Bravery and Courage		
8	Industry and Perseverance		
9	Honesty, Authenticity and Genuineness		
<b>III. Love and humanity</b>			
10	Kindness and Generosity		
11	Capacity to love and be loved		

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<b>IV. Justice</b>			
12	Teamwork and Group Loyalty		
13	Fairness and Justice		
14	Leadership		
<b>V. Temperance</b>			
15	Self-control and Self-regulation		
16	Caution, Carefulness and Discretion		
17	Modesty and Humility		
<b>VI. Transcendence</b>			
18	Appreciation of beauty and Excellence		
19	Gratitude		
20	Hope and Optimism		
21	Spirituality and Faith		
22	Forgiveness and Mercy		
23	Humour and Playfulness		
24	Enthusiasm and Zest		





# Worksheet 6

## The “Be A YES” programme

The “Be A YES” programme consists of 2 activities, which are presented below. You should consistently carry out these activities individually every day over the next 2 weeks.

Collect your answers and keep a personal “Be A YES diary” on paper or on your computer.

### **6.1. The “What went well” activity**

For the next few weeks, take ten minutes to complete this exercise every night before going to bed.

Write down three things that went well today and answer the following questions in writing:

What went well today?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Which of my character strengths did I use in these situations?

*Use Worksheet 5!*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What does each of these positive experiences mean to me?

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What can I do to make sure that more things work out this well in the future?

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Writing about why positive things happen in your life might feel strange at first, but if you continue this activity for two weeks you will find that it will become easier over time.

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#### **6.2. The “I decide” activity**

Carry out this activity individually, then compare notes with a partner.

- Write down 3 things that you regularly do, but don't enjoy.

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- Look at your list, and ask yourself: “Why do I do these things if I don't enjoy them?”

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- Complete each sentence using each of the three things that you regularly do, but don't enjoy.

1. I have to \_\_\_\_\_

2. I have to \_\_\_\_\_

3. I have to \_\_\_\_\_

- Re-read the statements that you just wrote. Which need does each fulfil? Now write a new statement:

1. I decide to \_\_\_\_\_  
because \_\_\_\_\_

2. I decide to \_\_\_\_\_  
because \_\_\_\_\_

3. I decide to \_\_\_\_\_  
because \_\_\_\_\_

- Which of your character strengths helped you turn these statements into positive statements so that you consciously are making a decision to fulfil a specific need?

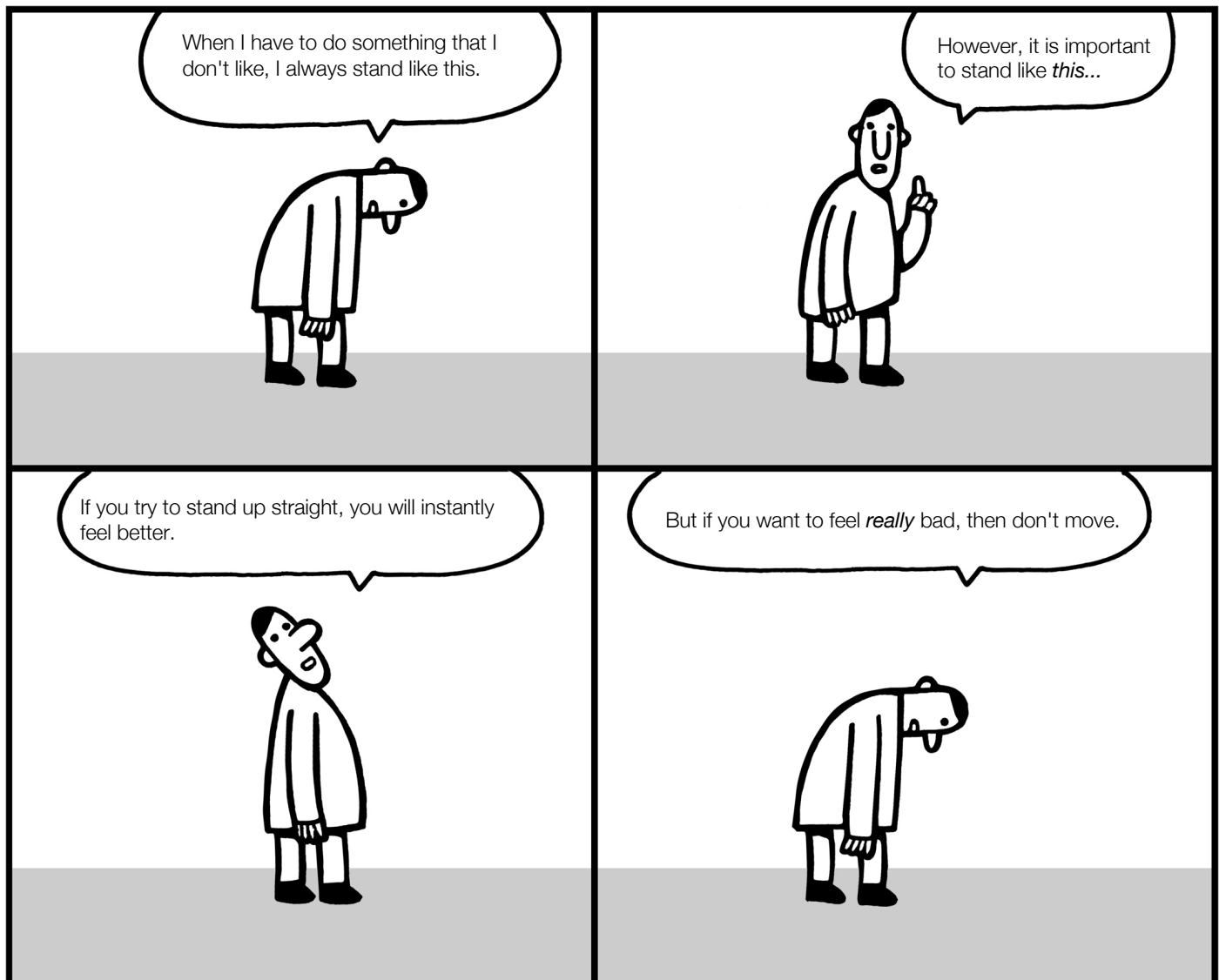
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Each day for the next 14 days make a conscious decision to do something and then transform your thoughts. Each time you find yourself thinking “I have to”, try thinking in terms of “I decide to ..... because.....” instead.



### 6.3. Your body says YES

You can even make a conscious decision with your body. The following cartoon is intended to inspire you:



- Now try for yourself! Assume the stance of someone who has to do something.
- Find a stance that expresses that you have made a conscious decision and are eager to complete a certain task.
- Do you feel the difference?
- Find your own positions that to you best express saying YES to something and try them out. Anything is allowed, as long as you don't hurt yourself!



# Worksheet 7

## My Strengths / Self-reflection

Answer the following questions for yourself:

1. Name three of your positive qualities of which you have become more aware through this activity and define them. Give examples.

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2. Name three *newly discovered strengths* that you did not know you had and define them.

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3. List the three positive experiences you remember best from the last 14 days.

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4. Do you know what you need to do to bring about positive experiences? Give three examples for difficult or negative situations that you were able to transform into positive ones. Describe how you were able to affect this positive change and which of your strengths you used.

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## ➔ Worksheet 8

# End of Unit Self-Assessment

**Assess yourself by circling the appropriate smiling faces!**

I am able to transform three have to statements into a I decide to _____ because.	☺	☺☺	☺☺☺	☺☺☺☺
I am able to identify which of my own character strengths helped me succeed with my decisions.	☺	☺☺	☺☺☺	☺☺☺☺
I am better at assessing my own strengths.	☺	☺☺	☺☺☺	☺☺☺☺
I realise that my strengths are valuable.	☺	☺☺	☺☺☺	☺☺☺☺
I know how to use my strengths in difficult situations.	☺	☺☺	☺☺☺	☺☺☺☺
I am able to consciously make better decisions.	☺	☺☺	☺☺☺	☺☺☺☺
I can identify my strengths and weaknesses.	☺	☺☺	☺☺☺	☺☺☺☺
I can give reasons why I make a decision in oral and written form.	☺	☺☺	☺☺☺	☺☺☺☺
I can set goals to improve areas that I need to work on.	☺	☺☺	☺☺☺	☺☺☺☺
I can take responsibility for a task.	☺	☺☺	☺☺☺	☺☺☺☺
I can identify and seize opportunities.	☺	☺☺	☺☺☺	☺☺☺☺
I can take over responsibility for my own actions.	☺	☺☺	☺☺☺	☺☺☺☺
I know and understand all 24 character strengths and can explain what they mean.	☺	☺☺	☺☺☺	☺☺☺☺



# Worksheet 9

## End of Unit Wrap-Up

1. After completing this challenge, do you feel differently about your strengths? Why or why not? Give examples.

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2. Do you think this challenge made you feel in some way *stronger*? Why or why not? Give examples.

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3. Do you think it is important to help other people recognise their strengths? Why or why not? Give examples.

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4. List three things that you learned from this challenge. Be sure to give an example for each.

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