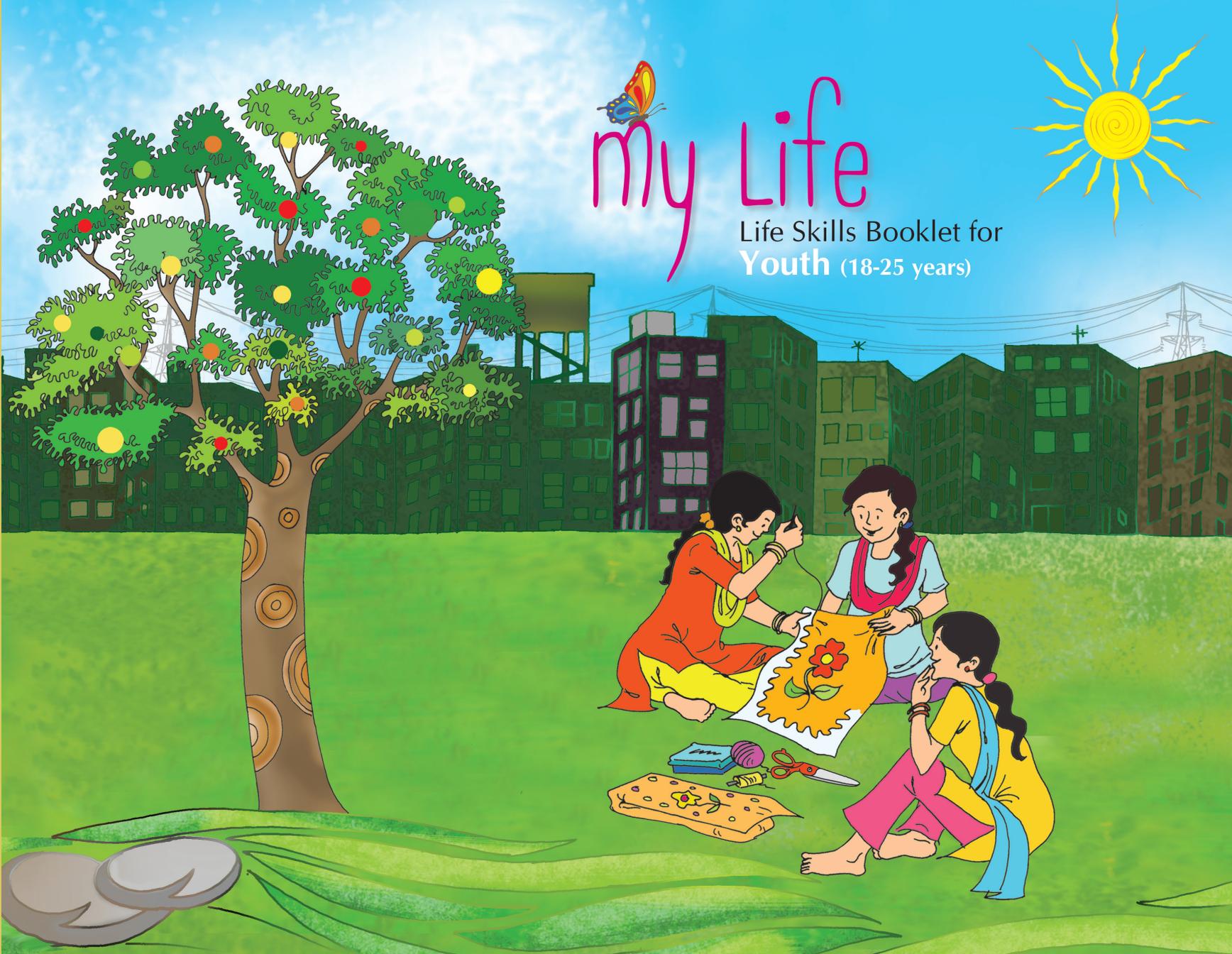


Life Skills Education aims at building skills and abilities amongst project stakeholders through an experiential learning process. This first series of modules has been developed for facilitators working with school children, adolescents and youth to support life skills amongst young people.

Life Skills Education is an integral component of various socio economic programmes being implemented in Hazrat Nizamuddin Basti as a part of the Aga Khan Development Network urban renewal initiative, through co-funding from Sir Ratan Tata Trust.

## AGA KHAN DEVELOPMENT NETWORK

HUMAYUN'S TOMB : urban renewal initiative  
HAZRAT NIZAMUDDIN BASTI : A PUBLIC-PRIVATE PARTNERSHIP INITIATIVE OF ARCHAEOLOGICAL SURVEY OF INDIA  
SUNDER NURSERY : MUNICIPAL CORPORATION OF DELHI – CENTRAL PUBLIC WORKS DEPARTMENT  
AGA KHAN FOUNDATION- AGA KHAN TRUST FOR CULTURE



# my Life

Life Skills Booklet for  
Youth (18-25 years)





*Dear friend,*

This booklet has a series of activities, which will help you in different phases of your life, be it exams, issues with friends, trouble within the family, or anything else that you are hesitant about sharing. Some of the activities are meant for self-reflection. Developing these life skills will definitely help you achieve the aims you set for yourself in life. You can also share some these activities with your family and peer group who have not undergone training.

Use this booklet to make a note of your thoughts and experiences while undergoing the training, and later, when you apply the training to life. These notes are meant to be reflections that help you along the way, sharing them with anyone else is completely at your discretion.

We hope you enjoy going through this booklet and are able to get the best out of it.

Aga Khan Development Network

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# 1. Who am I?

90% of our time in the day is spent thinking about others or negative, irrelevant thoughts about things that are never going to happen. Let's spend some time today thinking positively about our self.

Imagine there is a magic mirror in front of you, which shows you your strengths and your weaknesses, your opportunities, and the threats that you may face.

Take some time out today and fill in the blanks below to get a real picture of yourself.

## STRENGTHS

# S

How can I use them?

## OPPORTUNITIES

# O

What can I do to use them?

## WEAKNESSES

# W

How can I change them into my strengths?

## THREATS

# T

How can I overcome them?

## 2. My Aim in Life

Your targets may be divided step-by-step such as what do you aim to attain by 1 year, 2 year, 5 year??

	Year 1	Year 3	Year 5
Professional			
Financial			
Social			
Personal			
Physical			
Any Other			

Decide on concrete actions you need to take to attain your goals. Review your actions every week to check whether you are working in the right direction or not? Whether you need to take any new action?

Aimless life is like an endless road, which leads you nowhere. Now that we all are doing lot of courses, we need to think about what we want to achieve in life. Think about what you want to achieve in your life in the coming five years. Your goal can be as big as making your own house, getting married, or setting up your own boutique. You can set multiple goals in different areas such as personal, social, financial, etc.

Think about the ways in which you could achieve your targets, list them down.

## Strategies to Achieve Targets

Year 1

Year 3

Year 5

*Make a promise to yourself, to work on the ways you have written here and keep reviewing them after short intervals.*

### 3. *Did I do it Today?*

This is a small checklist of a few tasks that you should do everyday. These will not only help you in your professional growth but also your personal development. Given below are few empty lines for you to fill in according to your needs.

#### Check at Night

Did my tasks planned for the day?	
Was the day spent productively?	
Did I do one good thing today	

#### Checklist

- ✓ Thought about one thing I am good at
- ✓ Read the newspaper
- ✓ Gained information about any new concept
- ✓ Learnt 10 new words of English language
- ✓ Learnt 10 new words of Urdu language
- ✓ Spoke English at least half an hour today
- ✓ Read at least 1 page of Urdu text
- ✓ Looked at my vision
- ✓ Planned my day
- ✓ Used my time productively
- ✓ Helped one person
- ✓ Taken care of personal hygiene
- ✓ Relaxed your self in any manner
- ✓ Read a book

# 4. *Are you Beautiful?*

**Let's ask everyone:**

Ask 10 people in your colony,

- 1) Who according to them is beautiful?
- 2) How should the beautiful person look like?

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**Analyze the responses given by them in terms of:**

- Similarities in responses and whether they are in any manner linked to what is presented in media or films?
- Individual differences and is it possible for anyone to look beautiful according to everyone?
- Discuss the responses with your friends.

## 5. *Are you Assertive?*

It is very important for all of us to be assertive. To be assertive means to be able to speak for one self without hurting others. Answer the following questions and write your responses in the space given below.

- 1) Your friend is asking for your notes and you have your exams coming up in two weeks. What will you do?
  - a) You will refuse completely.
  - b) You will give the notes.
  - c) You will start arguing with her about how she could even think about such a thing.
  
- 2) Your father is scolding you for breaking a glass. You haven't done it. He is very angry. How will you react?
  - a) You will politely tell him that you haven't done it.
  - b) You will keep listening to him quietly.
  - c) You will get angry with him for blaming you.

- 3) Your friend is asking for help in a project, which you both had to make together. You have already worked on it for four days and she just has to do the final touches. Will you help her?
  - a) You will tell her that you have done your bit and ask her to complete it.
  - b) You will help her and complete the project.
  - c) You will start screaming at her.
  
- 4) Few visitors have come to visit your class and want to have discussions with you. You don't know their language. Will you ask questions or simply answer their questions?
  - a) You will ask them questions in your language and try to explain it to them.
  - b) You will keep quiet and not say anything.
  - c) You will get absent on that day.
  
- 5) A stranger is roaming around your house in the afternoon for a long time. You are a little suspicious. There is no one at home. What will you do?
  - a) You will go and ask the stranger that if he wants to meet someone.
  - b) You will lock yourself inside the house.
  - c) You will go and start fighting with the stranger.

This is not a standardized questionnaire but gives you a fair idea about whether you respond assertively/passively/aggressively.

If the answer to most of your questions was a) then you are assertive and can easily speak up for yourself.

If the answer to most of your questions was b) then you are passive and need to start speaking up. You should be confident of yourself and not be afraid that you might be wrong or others will make fun of you.

If the answer to most of your questions was c) then you respond aggressively. You need to slow down and give others space to react. Be polite while talking to others and don't doubt their intentions.

**We should try to be assertive. Given below are some tips, which will help you become more assertive:**

- Always be confident
- Don't doubt your answers. Say them confidently. If they are wrong, you can always say sorry. But most of the times, they will never be wrong
- Maintain eye contact
- Speak loudly and clearly
- You will not hurt others if you politely say no, rather you will save yourself from getting hurt



### **Some interesting games for you to improve speaking skills:**

- Sing in front of the mirror and then in front of small children. Then, you can sing in front of your close friends. This will help you deal with your hesitation.
- You can ask your friends to pretend that they are taking your interview. They can later give you feedback regarding your performance in the interview.
- Try giving a speech on the story of a movie you recently saw in front of your friends.
- Everyday promise yourself that you are going to assert your choice at least once in the day.

# 6. A Good Friend

**Please reflect on:**

- 1) Do your friends have these characteristics?
- 2) Do you have them?
- 3) How can you develop them?
- 4) Will you make someone who doesn't have these qualities your friend?

I am sure you have lot of good friends. Think about all the characteristics, you feel good friends should have and list them down.

- |   |   |
|---|---|
| ✓ | ✓ |
| ✓ | ✓ |
| ✓ | ✓ |
| ✓ | ✓ |
| ✓ | ✓ |

Write the qualities that you don't have and how will you try to develop them.

.....

.....

Write the qualities you have which make you a desirable friend? You can even ask your friends about your strengths.

.....

.....

When trying to make a boy/girlfriend or wife/husband, do you look for similar qualities? What are the other things you should take care of while getting in a relationship?

.....

.....

## 7. My Life, My Way

Given below are certain situations we may all face in our lives. Analyze the responses you give to find out about yourself and how you can improve yourself, that is, responding to the situations rather than reacting.

- I) I have finished learning embroidery and am very confident of my work. I want to look for a job in a boutique now to gain experience. How should I start looking for a job? Do I need to prepare for an interview? Should I do a job or open my boutique?
- II) My mom and dad do not allow me to go out with my friends. It is one of my closest friend's birthday and she is giving a treat. What will I tell my parents? How will I convince them? Will I not go?
- III) My friend has some personal problems, which she is afraid to share with anyone. I know that she may need medical help for she may have an infection in her private parts. What will I do because she feels it is shameful to have it? How will I convince her to go and visit a doctor?

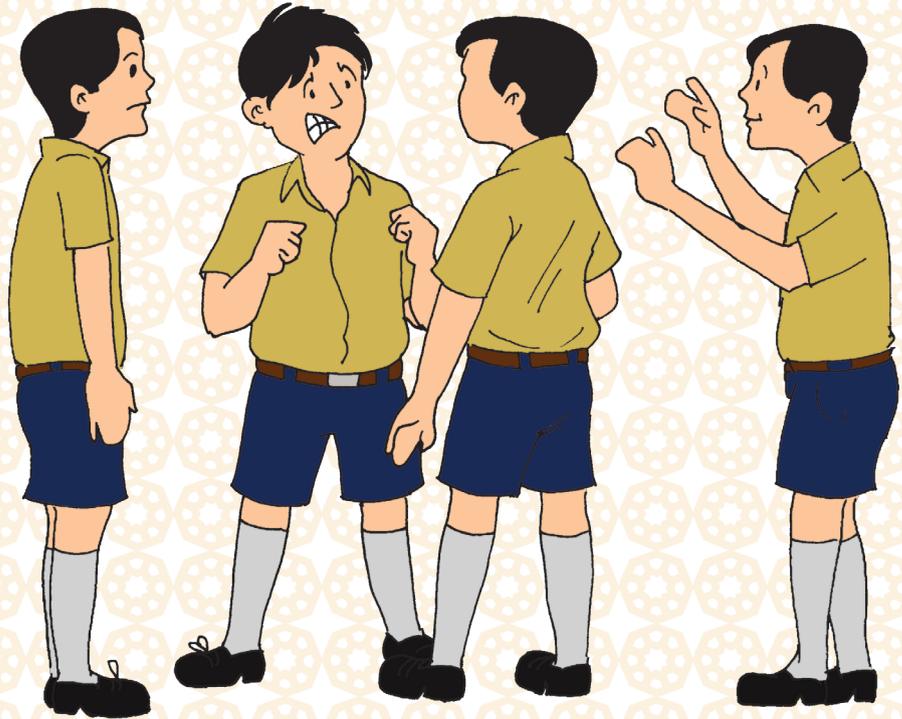
## 8. How to Handle my Feelings?

What is different between the three visuals?

- You are right. The reactions are different.

Why do you think the reactions are different, though all of them have gone through the same situation?

- Because the situation happens out there, but our feeling and our reaction is dependent on dependent on how we think about the situation and others involved. This would lead to the way we feel about the situation.



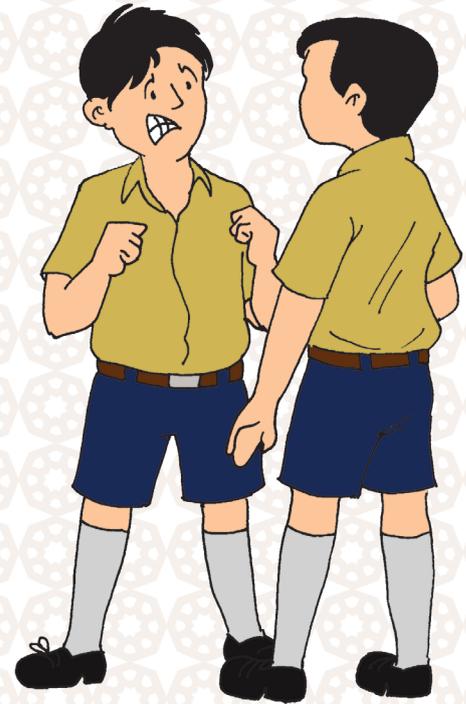
Passive

Aggressive

Assertive

Now who could the person screaming be and what could be his/her reason? Given below are three. Add at least five more.

- Some elder feeling that you came late
- One of your friends feeling that you betrayed her/him
- Some stranger feeling that you that you threw water on them
- 
- 
- 
- 
- 
- 



Now, does your reaction change in all the situations?

If the answer is yes, then think about why it changed.

How does your understanding of the situation determine your response? How are you in control of your response to the situation and in turn how does that situation shape up?

Remember, you are the master of your feelings, for you and only you can control them.

## 9. When you are Stressed

Do you have stress in your life? Here are some fun things to do along with **facing stress as a challenge**. Only you open this page and close your eyes. Move your fingers on the list given below and stop at the count of ten. Wherever your finger stops, do that activity to deal with the stress that you face.

1. Dance on a nice Bollywood number
2. Play a match
3. Write down your feelings on a piece of paper and tear it off
4. Write a poem
5. Sing a song
6. Go for a walk
7. Run and take a round of the *basti*
8. Close the door and scream loudly
9. Exercise for 20 minutes
10. Go off to sleep

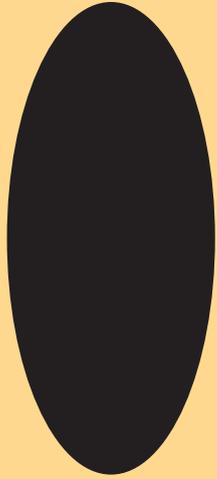
11. Listen to your favourite song
12. Draw and colour anything that comes to your mind
13. Visualize that the person you are angry with is getting a scolding badly
14. Do something you love to do
15. Discuss it with your friends
16. Wash clothes
17. Solve a puzzle
18. Write a love letter to yourself
19. Say good things about yourself
20. Play with small children

# 10. Aal iz Well!

It's good to write what you did well everyday at night before you sleep. After a month you will realize how many things you can do well in just 30 days.

Days	I am good at
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	
Day 8	
Day 9	
Day 10	
Day 11	
Day 12	
Day 13	
Day 14	
Day 15	

Days	I am good at
Day 16	
Day 17	
Day 18	
Day 19	
Day 20	
Day 21	
Day 22	
Day 23	
Day 24	
Day 25	
Day 26	
Day 27	
Day 28	
Day 29	
Day 30	



Keep Smiling



