

Empowered Life and Leadership Skills

Appendices



Burma Link
Voices for Change
www.burmalink.org

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DAY 1

Appendix 1. Images of empowerment

Empowerment



Source: <http://theindianuprising.blogspot.com/>

Authentic



Honest



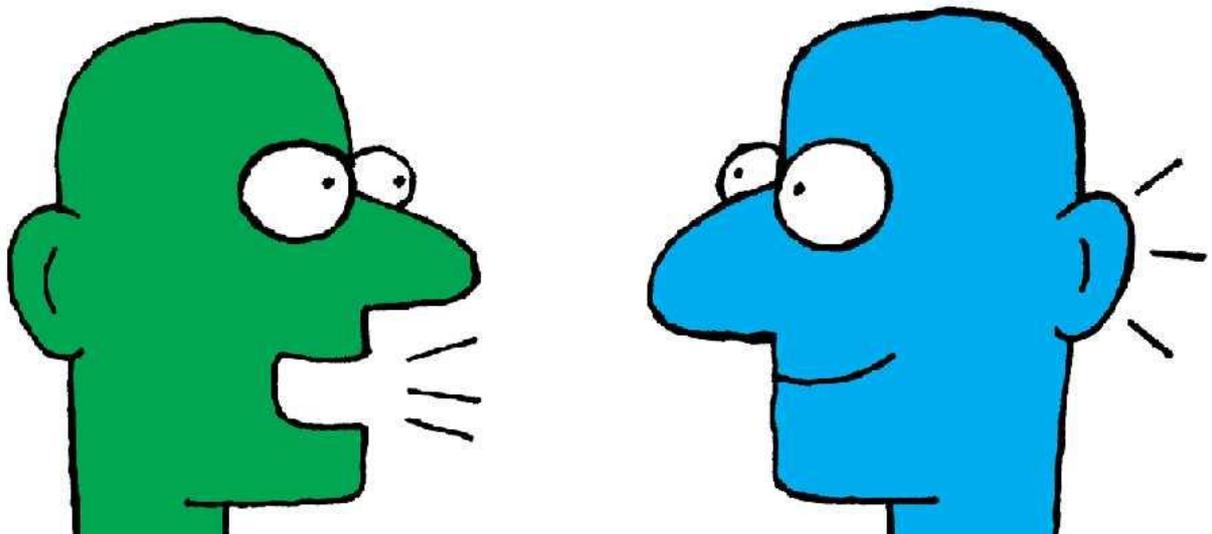
Courageous



Responsible



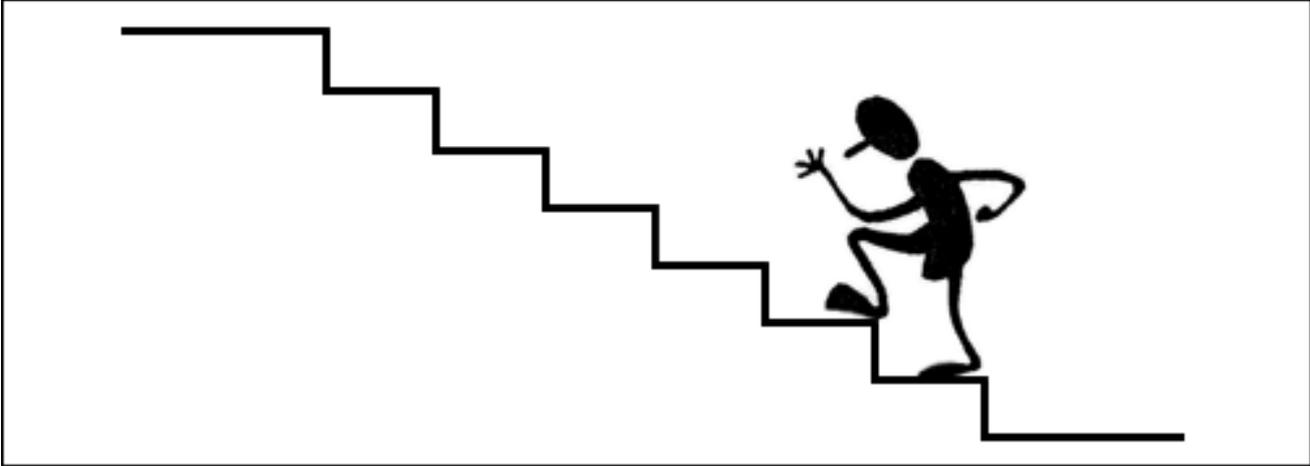
Good communicator



Honoring commitments



Getting things done



Picture sources: <http://www.sodahead.com/>, <http://feliciamaystevenson.blogspot.com/2011/09/lady-gaga-artist-or-gimmick.html>, <http://stuartjallen.wordpress.com/2012/07/06/effective-communication/>, <http://whatwillmatter.com/2011/11/worth-seeing-images-and-words-of-courage/>, http://www.clipartoday.com/clipart/cartoons/cartoon/cartoon_266148.html

Breaking free



DAY 1

Appendix 2. Honesty Role-play cards scenarios A

1 A

There is a foreign volunteer living in your school and you know she is officially not supposed to be there. The Thai camp commander asks you if there are any foreign teachers in your school

2A

It is WWII and you live in Germany. You are hiding a Jew in your basement to save his life. The authorities come and ask if you are hiding a Jew

3A

You know the person who was leading an unlawful protest against land confiscation in the Karen State. Your father is working for the government and he asks you if you know who this person is

4A

You failed the final English exam but you told your mother that you passed. You know she will be very disappointed if you tell her that you failed. What will you do?

5A

You are married to a great man/woman and you know that he/she hates smoking. You have promised not to smoke but you made a mistake and smoked. Your partner thinks that you smell like cigarettes and asks you if you smoked.

6A

You skipped school and went to the movies with your best friend. The next day in the class, the teacher asks you about it. Your friend lies that he took his mother to the hospital. What do you say to the teacher?

7A

Your friend lends you his new smart phone and you accidentally drop it on the ground and it breaks

8A

The new foreign volunteer teacher is teaching you something you have already been taught.

9A

You accidentally break your grandmother's/father's favourite plate and you know she will be mad if you tell her.

10A

You walk out of Tesco's and realise the cashier gave you too much change.

11A

Your friend just went through a lot of trouble to cook you dinner but you know she made a mistake when cooking that caused the food not taste good.

12A

You are talking to a person you have just met, and you notice his pants zipper is open.

13A

Your friend is going to a job interview. You think she doesn't look very nice and it would be better if she got changed. You also know she will get offended if you tell her.

15A

You have applied for a school and you are in the interview. You are 17 years old but you know they will only take people over 18. You think they would never find out if you lie. The interviewer asks your age.

14A

Your friend wants to borrow money from you, but you don't want to do it because you know he/she doesn't have money to pay it back.

16A

You are in your home town and a tourist asks for directions to go to a famous site. You are not sure where it is but you think maybe it's about 10 min walk up the hill

Appendix 2 Honesty Role-play cards scenarios B

1B

You are the Thai camp commander and you suspect that there is a foreign teacher living in one of the schools. You ask a student: Are there any foreign teachers in your school?

3B

You work for the government and you are looking for a person who led an unlawful protest in the Karen State. You want to arrest the person. You ask your son: Do you know the person who was leading the protest?

5B

You are married to a great man/woman who has promised you never to smoke again. You can smell that he/she has smoked. You ask: Have you smoked?

7B

You lent your new smart phone to a friend. You ask him to return it.

9B

You are a grandparent. You haven't seen your favourite plate for days and you are wondering what happened to it. You are worried maybe you are getting very old and can't remember that you broke it.

2B

You are authority in Europe during the WWII. You are looking for Jews to hand them over to the Nazis. You go from door to door checking for Jews. You go to a person's house and ask: Are you hiding a Jew in your basement?

4B

Your daughter/son told you before that they passed all their exams. You have a feeling that he/she is keeping something from you. You ask: Is everything OK? You seem more quiet than normal?

6B

You are a teacher and two of your students skipped school yesterday. In the class, you ask the students: Where were you yesterday?

8B

You are a volunteer teacher in a school. You have prepared a lot for a class and you excitedly start teaching about the topic. It seems like the students are not very interested and you feel disappointed.

10B

You work at Tesco's. A customer has just left and you realise that you gave them the wrong change. But it is too late so now you just hope that the customer comes back. Otherwise you will have to pay the money yourself.

11B

You just went through a lot of trouble to cook your friend dinner. You are actually planning on cooking the same food for your boyfriends/girlfriends' parents soon (but your friend doesn't know that). You ask your friend excitedly: Do you like the food?

13B

You are going to an important job interview and you think you are dressed well for the interview. You are excited and you ask your friend: Do I look good for the interview?

15B

You are a teacher in a school and you are interviewing a potential student. Your school only accepts students over the age of 18. You ask: How old are you?

12B

You are talking to a person you have just met. You are talking about weather. After you finish talking, you have an important meeting (but the person you are talking to doesn't know that).

14B

You want to borrow money from your friend but you will not pay it back. You ask your friend: Can I borrow some money, I really need it? Just only 200 baht?

16B

You are a tourist in a foreign place. You want to go to a famous site, it is called Mondrau Temple. You ask a local person: Excuse me, do you know where Mondrau temple is?

Appendix 3. Is this acting with courage?

1. Sophia, a 5-year old girl, walks out on the diving board. Her mom is in the swimming pool below encouraging her to jump. Sophia's legs are shaking. She tells her mom that she doesn't think she can do it. Sophia's mom offers more words of encouragement. Sophia plugs her nose, closes her eyes and jumps in the pool. Did Sophia act with courage?

2. Oliver is about to enter the 8th grade when a new family moves in next door. They have a son named John who is about to enter the 7th grade. Oliver and John discover they both love to play the guitar and quickly become friends. The new school year begins and in the first week, one of Oliver's friends from elementary school begins teasing John in the hallway. Oliver is standing just a few feet away and watches John ask that the teasing stop. Oliver says nothing as John turns away with tears in his eyes. Did Oliver act with courage?

3. During the 8888 Uprising, Ko Oo, a Burmese soldier is considering joining the protesters on the street. He knows that he would be taking a big risk. He would be throwing away the career he has been building in the military. He knows his children will lose the opportunity for better education. He might even be imprisoned, tortured or killed and he is scared to death. Ko Oo is scared to death, but in his heart he knows what the right thing to do is. He encourages himself and tells himself that there is no choice but to do the right thing. He feels his heart pounding as he walks out the door and joins the people and the students on the street. Later Ko Oo gives a speech on the stage, telling who he is and encouraging other soldiers to join the protest. Did Ko Oo act with courage?

DAY 2

Appendix 4. Building Identity

Who Are You? How Do You Identify Yourself?

As we grow, we learn that we are unique, and have likes, skills and talents that make us different from others. But another important piece to remember is that we have a lot in common. Finding people who share our likes, talents and beliefs helps us create communities.

A community is a group of people with shared interests. A community can also be a place where people with shared interests come together. Communities are important because they can offer support when we need help.

Personal Identity Chart

Fill out the chart below to the best of your ability. If there are some that you don't know the answer to, leave them blank, or take your best guess. You decide. It's your identity.

Physical Identity

- ❖ Skin colour
- ❖ Facial characteristics
- ❖ Height
- ❖ Age
- ❖ Hair colour
- ❖ Hair Style

Family Identity

- ❖ Place and date of birth
- ❖ Siblings
- ❖ Birth order
- ❖ Parents/guardians
- ❖ Family history
- ❖ Family traditions

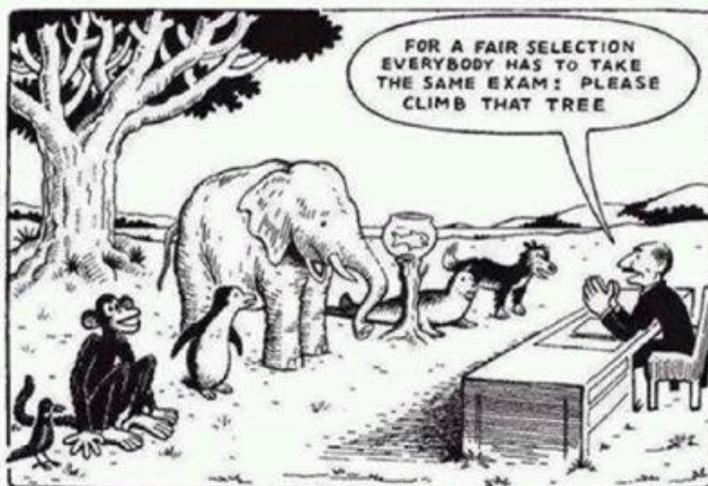
Social Identity

- ❖ Ethnicity
- ❖ Language
- ❖ Nationality
- ❖ Friends
- ❖ Township/residence
- ❖ Sports teams
- ❖ Hobbies/Interests
- ❖ Religious beliefs
- ❖ Values

Appendix 5. Community picture cards



Sources: <http://www.gohappiness.org/latest-news--pictures/extra-transport-needed-for-trip-to-mae-sot-thailand>, <http://www.irrawaddy.org/burma/ethnicity-data-burma-census-political-groups-warn.html>, <http://asiancorrespondent.com/128342/burma-students-vow-more-protests-over-education-law/>, Burma Link



Our Education System

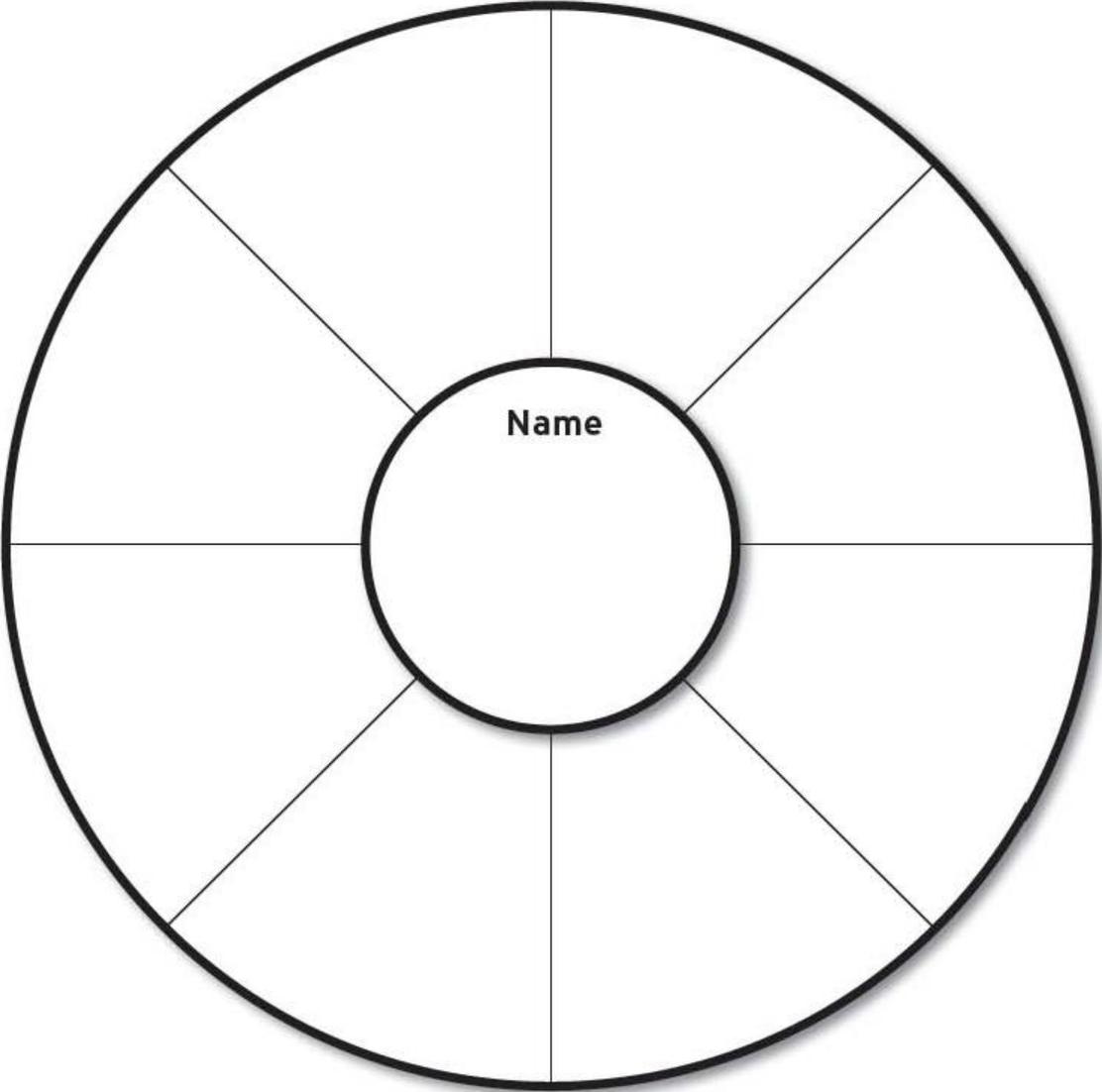
"Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."

- Albert Einstein

Appendix 6a. Identity wheel

Choose the most essential components of your identity; the most important things that make you who you are. These can be things in your personal identity chart or important communities that you belong to. It's up to you. It's your identity.

Directions: Fill in your name in the center of the wheel and then write one important aspect of your identity in each compartment. When you're done, walk around the class and discuss the things in your wheel that make you who you are. Is there anyone who has all the same things in their wheel? Compare the similarities and differences with the other students, and talk about the things that are important to you.



Appendix 6b. How to write a bio poem?

Think about the past few years in your life, or think about your entire life. Come up with some ideas for your draft bio poem. When you have a bio poem that represents you, edit and finalize it so that you have something written for every line. Try to keep each to one line only.



For lines 1 through 9 of the bio poem, follow the steps below. Each step should be one line in the poem.

- 1) Write your name
- 2) List three or four adjectives that describe you
- 3) Write some important relationships you have in your life (e.g., daughter of, friend of ...)
- 4) List two or three things, people, or ideas that you love
- 5) List three feelings you have experienced
- 6) List three fears you have experienced
- 7) Write down some of your accomplishments (e.g., who won... who performed... who learned...)
- 8) Write two or three things you want to see happen or what to experience
- 9) List the town or area of your residence

Appendix 7. Images that represent citizenship

Write captions for these pictures that show how you understand how they relate to being active responsible citizen

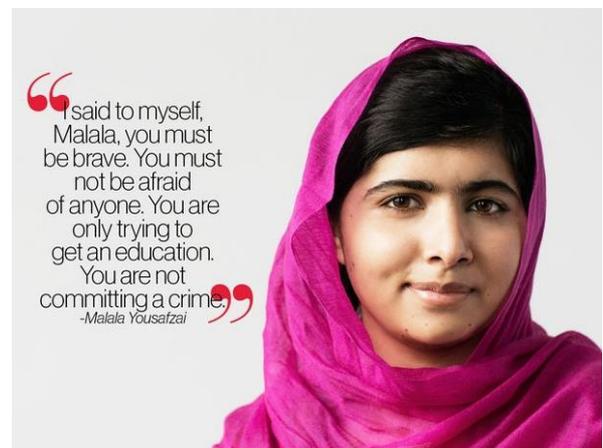












Appendix 8. Just and Unjust Laws

1. Examine the following laws with your partner. Based on your understanding of justice, decide whether you think the laws are just or unjust, and why.
2. Choose one of the laws and make a short presentation to your class explaining your decision.
 - 1) In Saudi Arabia, it is against the law for women to drive a car
 - 2) In Burma, it is not a crime for a husband to rape his wife
 - 3) In Britain, the Criminal Justice and Public Order act 1949 made it illegal to publish material that creates racial hatred.
 - 4) In Dubai, extra marital sex (sex outside the marriage) is against the law and could result in prison sentences for over a year. This means that in rape cases, the victim can also end up in prison
 - 5) In western countries, it is legal to marry anyone regardless of their religion, ethnicity, race, or social status.
 - 6) In Burma, the Constitution guarantees 25% of the seats in the Parliament to the military
 - 7) In 29 states in the United States it is legal to fire someone for being gay.
 - 8) In the Philippines it is illegal to get divorced.

Appendix ga. Leader profiles

Alice Paul (1885-1977)

Occupation: women's rights activist

Birth date: January 11 1885 in New Jersey, USA

Death date: July 9 1977 in New Jersey, USA

Suffragette Alice Paul dedicated her life's work to women's rights and was a key figure in the push for the 19th Amendment in the USA.

Alice Paul was born on January 11, 1885, in New Jersey. She went to study in London in 1906-1909, a time when British women were advocating intensely for their right to vote (called the Suffrage movement). During that time, only men were allowed to vote because women were seen as silly and weak, and so many countries banned women from participating in politics. Alice became politically active whilst in London and joined the women's suffrage movement in Britain. Her dramatic tactics led her to imprisonment several times, and every time in jail she went on a hunger strike.

After returning to the USA in 1910, Alice became involved in the women's suffrage movement there as well. At first, she joined an association and organized a massive parade for women's suffrage in March 1913, but she became frustrated with their policies. She wanted to be more radical and believed this would bring the change she wanted to see. And so, she formed a militant union for women with another woman, Lucy Burns, and their union was later renamed as the National Women's Party (NWP) in 1917. The NWP wanted the law to change on a federal level (Because every state has different laws, the federal level means all states in the USA would have to follow the federal government's decision).

Alice and the NWP used provocative tactics to gain media attention, such as organizing protests, rallies and hunger strikes. She even stole from the White House in 1917 to provoke the public, and was then arrested and jailed. But in 1920, they succeeded in gaining the right to vote for women by having the federal government change the US Constitution. Alice continued to work on additional empowerment measures for women, such as gaining fair employment and equal rights through the Equal Rights Amendment.

Alice had a stroke in 1974, and she died in 1977. Although she did not live to see the Equal Rights Amendment added to the US Constitution, her work contributed hugely to its implementation even after her death.

Sources

<http://www.biography.com/people/alice-paul-9435021>

http://womenshistory.about.com/od/paulalice/p/alice_paul.htm

Aung San Suu Kyi

Birth date: June 19 1945 in Yangon

Education: University of Oxford, UK

Daw Aung San Suu Kyi is the daughter of national leader General Aung San (assassinated July 19, 1947) and Daw Khin Kyi. She was educated in Rangoon, Burma, until she was 15 years old. In 1960, Daw Aung San Suu Kyi accompanied her mother to Delhi, India, on her appointment as Burmese ambassador to India and Nepal. Daw Suu Kyi studied Philosophy, Politics and Economics at Oxford University in the UK and graduated in 1969. She then married Dr. Michael Aris in 1972, had two children, and spent the next 16 years in England, United States and India.

In 1988, Daw Aung San Suu Kyi's mother was ill so she visited Burma to take care of her. While Daw Suu Kyi originally returned just to attend to her sick mother, she couldn't ignore what was happening in her home country at the same time. There had been various protests by the people in Burma against the military, and Daw Aung San Suu Kyi decided to speak out against U Ne Win after seeing the protests. She joined the pro-democracy movement which was pressing for political reforms in Burma. On August 26, Daw Suu Kyi addressed a half-million mass rally in front of the famous Shwedagon Pagoda in Rangoon and called for a democratic government.

In 1989, the military government noticed the growing popularity of Daw Aung San Suu Kyi and put her under house arrest, cutting off all her communication with the outside world. They told her that if she agreed to leave the country, they would free her, but Daw Suu Kyi refused and insisted to continue the protest until the government freed all political prisoners. She also knew that if she would leave, they would not allow her back into Burma. In 1990, there was a parliamentary election and Daw Aung San Suu Kyi's party, the National League for Democracy (NLD) won more than 80% of the vote. However, the government ignored the result and Daw Aung San Suu Kyi was under house arrest from 1989-1995, 2000-2002 and 2003-2009. She was not allowed to see her husband when he died in 1999 in the UK.

During Daw Aung San Suu Kyi's detention, she was awarded the 1991 Nobel Peace Prize. She established a health and education trust in support of the Burmese people to use the \$1.3 million prize money.

Daw Aung San Suu Kyi has dedicated her life to advocate for peace and democracy in Burma since 1988. She is now released and continues to work with the NLD in preparation for the 2015 election.

Sources

<http://www.pitara.com/magazine/people/online.asp?story=35>

<http://www.biography.com/people/aung-san-suu-kyi-9192617>

Mahatma Gandhi - Anti-War Activist (1869–1948)

Occupation: Civil Rights Leader

Born: October 2, 1869 in India

Died: January 30, 1948 in India

Full name: Mohandas Karamchand Gandhi

Mahatma Gandhi was the primary leader of India's independence movement and also the architect of a form of civil disobedience that would influence the world.

Born on October 2, 1869, in India, Gandhi came from an upper class family and his father was a leader in the community. His parents wanted him to become a barrister, which is a type of lawyer.

Therefore, when he was 19 years old, Gandhi went to London, England, to study law. He finished the degree in three years and returned to India to start his work. However, he was not successful, so he moved to South Africa to work instead. In South Africa, Gandhi experienced racial prejudice against Indians, which was what began his long career in civil rights.

Gandhi went back to India in 1914 and became the leader to fight for India's independence from the British Empire. He wanted to improve the lives of his people who were poor and had to pay taxes. He also wanted to end discrimination in India, where people were divided into different classes (castes) and had different treatments according to their classes.

Gandhi's strategy was non-violent civil disobedience. This means protest against the government without using violence. His people followed him and together they:

- Refused to work and sat on streets
- When soldiers beat them and arrest them, they let them and did not resist using violence
- boycotted the courts

Each of these protests are small by themselves, but when most of the population does them at once, it can shut down the whole country. That is what happened with Gandhi's and his followers peaceful protests.

Gandhi was put in prison several times for organizing these protests. He often fasted (did not eat) while he was in prison, and made his own clothes to show his love for simple living. The British government in the end released him because he became very popular and loved by the Indian people.

One of Gandhi's most successful protests was called the Salt March. In 1930, Britain put a tax on all the salt and it became illegal to sell or produce salt. And so, Gandhi decided to walk 241 miles to the sea in Dandi to make his own salt. Thousands of Indians joined him in his march. Although they were arrested afterwards, it was a sign of courage to break the law which Gandhi thought was unjust. In the end, Gandhi succeeded in bringing freedom for India in 1947. Sadly, he was shot in 1948 after a Hindu-Muslim conflict.

Sources

<http://www.biography.com/people/mahatma-gandhi-9305898>

http://www.ducksters.com/biography/mohandas_gandhi.php

Malala Yousafzai

Birth date: July 12 1997 in Pakistan

As a young girl, Malala Yousafzai defied the Taliban in Pakistan and demanded that girls be allowed to receive an education. She was shot in the head by a Taliban gunman in 2012, but survived. Now, she continues to speak out on the importance of education. She was nominated for a Nobel Peace Prize in 2013 and again in 2014, when she won the prize as the youngest winner in history.

Malala was born (12 July 1997) in North-west of Pakistan to a Muslim family. Her father is a poet, and runs a number of public schools. He is a leading educational advocate himself. In 2009, Malala's father suggested her to write to BBC about their life. She began writing on the BBC blog using a fake name "Gul Makai" to express her views on education and life under the threat of the Taliban taking over her valley.

The Taliban's military control everything in the place where Malala lived. They banned television and music, and women were not allowed to go shopping or study at schools. Many girl schools were blown up and so all girls stayed at home for their safety. There was a short period when girls were allowed to go to primary school if they wore Burkhas (to cover their head and face). However, because Malala went to school and her father is an advocator for education, the Taliban sent death threats to their family and they worried about their lives.

When the situation became dangerous, Malala's father suggested they stop their campaign for education and human rights. But Malala refused:

"How can we do that? You were the one who said that if we believe in something greater than our lives, then our voices will only multiply ever if we are dead. We can't disown our campaign!" (I am Malala p. 188)

Malala continued writing on the BBC blog, and later received a lot more international attention such as by the New York Times. Her identity was revealed when the blog ended, and in 2011 she received Pakistan's first National Youth Peace Prize.

Because Malala became outspoken and gained international attention, the Taliban were angry and tried to kill her in 2012. A gunman entered her school bus on 9 October 2012 and shot Malala with a single bullet which went through her head, neck and shoulder. She did not die, but was in a coma and was sent to the UK for treatment. In January 2013, she came out of the coma and moved with her family to the Midlands in the UK. Malala started writing her book "I am Malala" – It was a miracle I was alive. Malala now continues to speak to youths calling for worldwide access to education and the United Nations has launched a "I am Malala" petition in 2013, demanding all countries to outlaw discrimination against girls and provide education for all children by the end of 2015.

Sources

<http://www.biography.com/people/malala-yousafzai-21362253>

<http://www.biographyonline.net/women/malala.html>

Martin Luther King

Occupation: Civil Rights Leader

Born: January 15, 1929 in Atlanta, USA

Died: April 4, 1968 in Tennessee, USA

Martin Luther King Junior (His father was also called Martin Luther King) was born in Atlanta, USA. In high school, he was so smart that he skipped two grades and started his university education when he was only 15 years old, studying sociology. He later studied theology for his doctor's degree. MLK's family were Christians, and his dad was a preacher. This inspired MLK to work in the ministry as well. MLK married in 1953 and he had four children.

In the past, many African Americans had been slaves in the USA, and the blacks never had any rights. They were seen as the property of white men, and they lived separately from the white community. This was called 'segregation' – blacks had their own schools, transports, even in restaurants they had a 'black area' and were not allowed to eat with the white people. MLK went to a segregated school himself where all his classmates were black. In 1954, MLK became a pastor and got involved in advocating for equal rights for the blacks. He led the civil rights movement in his Christian faith, and followed non-violent tactics from Gandhi.

In 1955-1956, an African American woman Rosa Parks decided to protest and sat on a seat reserved for white people on a bus in Montgomery. When the white people told her to leave, she refused. MLK heard about the woman and led his community to boycott the bus. The protest movement lasted for a whole year. MLK was then arrested and his house was bombed, and in the prison he wrote a famous "Letter in Birmingham Jail" explaining his purpose for the protest. He wrote to the church of the white people, asking them to stand up for him and the black community because many US people were also Christians. However, because the segregation between blacks and white had been deeply rooted in the American culture, very few white people supported MLK and the black community.

After he was released from prison, MLK continued to advocate for black rights and desegregation. In 1963, MLK organized a famous march to Washington and over 250,000 people joined him. He made a famous speech saying that he dreamed for his children and grandchildren and all black children to be able to go to school with white children, and black people to not face discrimination at work anymore. The speech and all his efforts became a success when the US passed The Civil Rights Act in 1964 guaranteeing rights for the blacks. MLK was awarded the Nobel Peace Prize in 1964, but was sadly assassinated in 1968.

Sources

http://www.ducksters.com/biography/martin_luther_king_jr.php

http://www.nobelprize.org/nobel_prizes/peace/laureates/1964/king-bio.html

Nelson Mandela (18 July 1918 – 5 December 2013)

Nelson Mandela was a civil rights leader in South Africa. He fought against apartheid, a system where non-white citizens were segregated from whites and did not have equal rights.

Nelson Mandela was born in Transkei, South Africa on July 18, 1918. His birth name was Rolihlahla; he got the nickname Nelson from a teacher in school. Nelson was a member of Thimbu royalty and his father was chief of the city of Mvezo. Nelson Mandela grew up hearing stories of his ancestors' courage during the wars of resistance, and he dreamed of contributing to the freedom struggle of his people. His father died when he was 12 years old.

Nelson Mandela attended school and later college at the College of Fort Hare but did not complete the degree there as he was expelled for joining in a student protest. He later completed his degree through the University of South Africa and got his law degree at the University of Witwatersrand.

Nelson Mandela was increasingly active from 1942 and in 1944 he joined the African National Congress. He became involved in anti-colonial and anti-apartheid politics. He joined the ANC (African National Council) and became a founding member of its Youth League.

In 1944 he married Evelyn Mase, a nurse. They had two sons and two daughters, but got divorced in 1958. In 1952 Nelson Mandela led a national campaign of civil disobedience against six unjust laws in South Africa. He and 19 others were charged for their part in the campaign and sentenced to nine months hard labour. In June 1958 Nelson Mandela married a social worker, Winnie Madikizela, and had two daughters. The couple divorced in 1996.

Nelson Mandela was repeatedly arrested for disobedient activities. At first he wanted people to follow Gandhi's non-violence approach. At one point he started to doubt that this approach would work and started up an armed branch of the ANC.

In 1962, he was arrested together with seven other activists. They were sentenced to life imprisonment for trying to overthrow the state. Nelson Mandela spent the next 27 years in jail.

Nelson Mandela's prison sentence brought much international attention to the anti-apartheid movement. He refused to sacrifice his principals in order to be released and said that he would die for his goals. He wanted all people to have equal rights in South Africa. He rejected at least three offers of release. Nelson Mandela's mother died in 1968 and his eldest son Thembi in 1969. He was not allowed to attend their funerals.

Nelson Mandela was finally released through international pressure in 1990. He continued his campaign to end apartheid. He took part in negotiations to end white minority rule and in 1991 was elected ANC President.

Nelson Mandela's hard work and life long effort paid off when all races were allowed to vote in the 1994 election. He won the election and became the first democratically elected president of South Africa. His government fought to end the legacy of apartheid and end poverty.

Nelson Mandela had said he would only run for one term. True to his promise he stepped down in 1999 after one term as President. He then focused on charitable work in fighting poverty and HIV/AIDS through the Nelson Mandela Foundation. On his 80th birthday in 1998 he married Graça Machel, his third wife.

Nelson Mandela was a controversial figure for much of his life. While some called him a terrorist, he received more than 250 honours, including the 1993 Nobel Peace Prize. He is held in deep respect within South Africa, where he is often referred to as "the father of the nation". Nelson Mandela never answered racism with racism. His life has been an inspiration to all who are opposed to oppression.

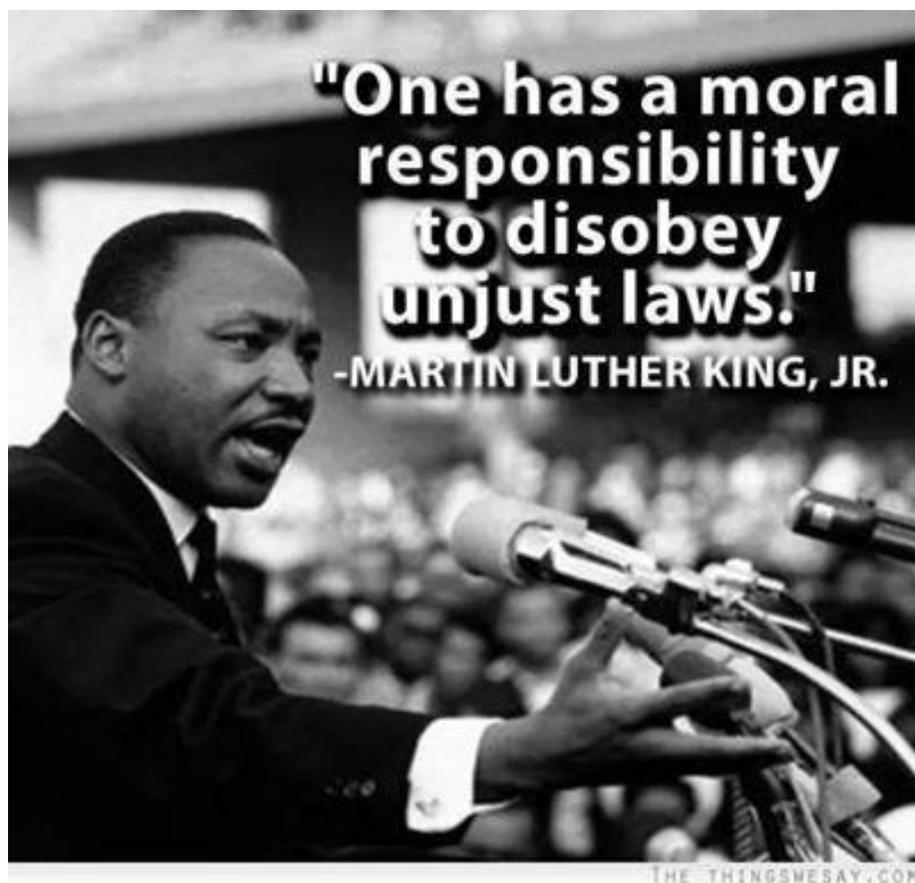
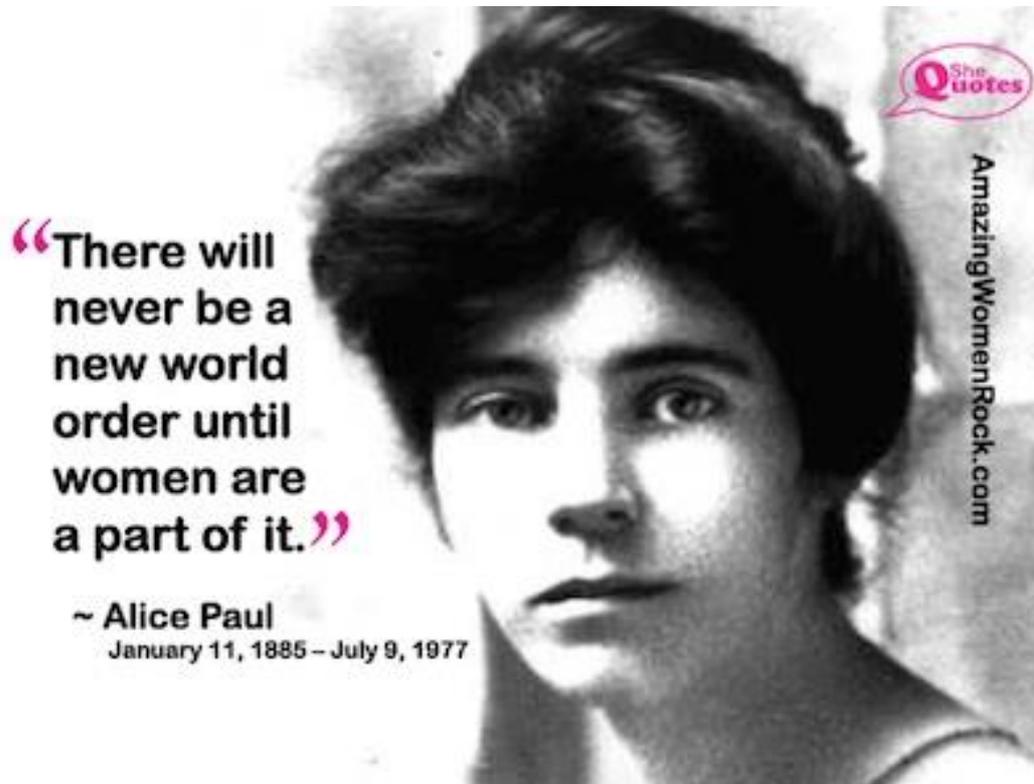
Nelson Mandela died at his home in Johannesburg on 5 December 2013. July 18th is Nelson Mandela day. People are asked to devote 67 minutes to helping others. The 67 minutes represents the 67 years Mandela spent serving his country.

Sources:

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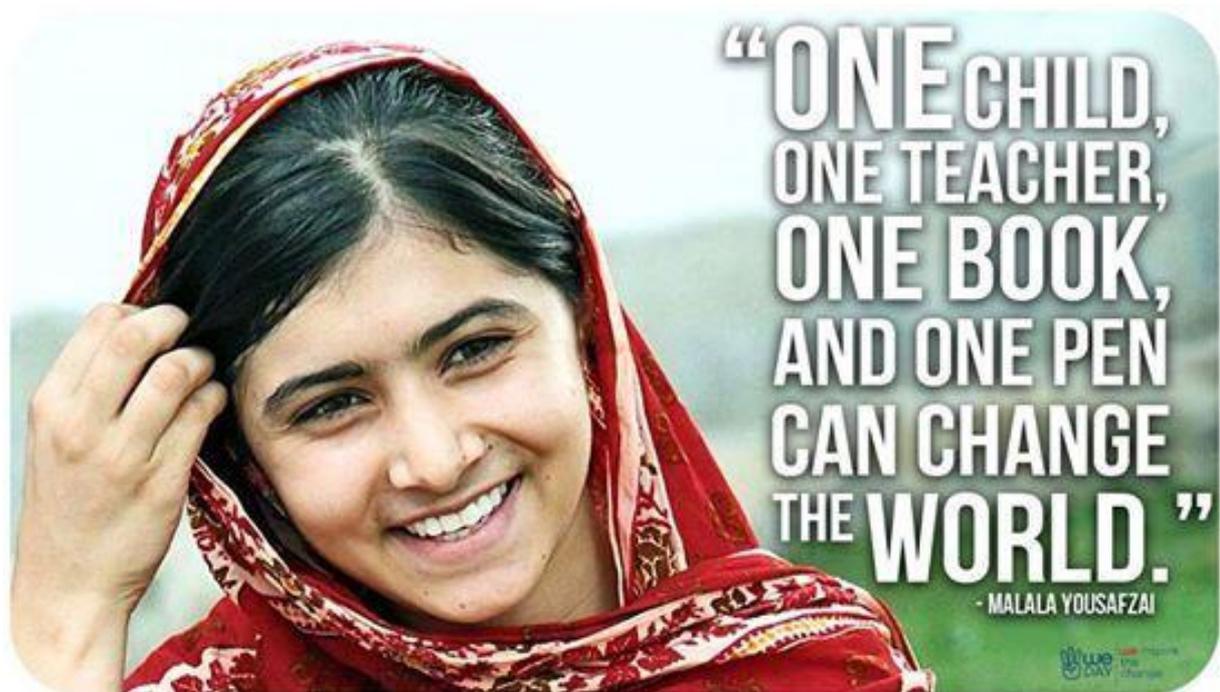
Appendix gb. Leader picture cards





"It always seems impossible until it's done."

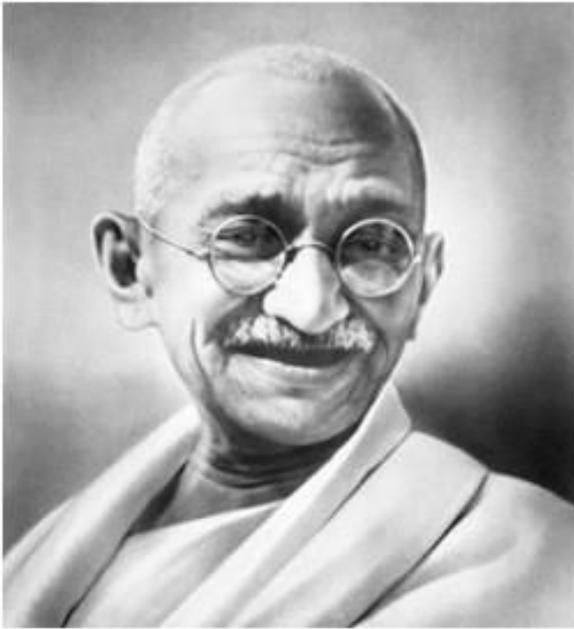
- Nelson Mandela



**“ONE CHILD,
ONE TEACHER,
ONE BOOK,
AND ONE PEN
CAN CHANGE
THE WORLD.”**

- MALALA YOUSAFZAI





Be The
Change
You Wish To See In
The World

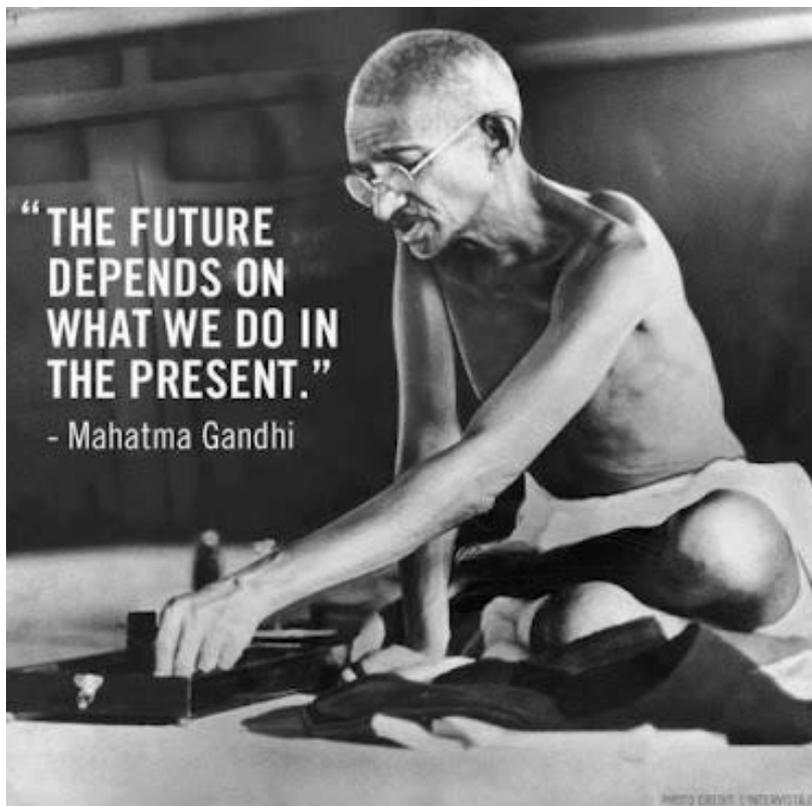


DAY 3

Appendix 10. Picture cards for getting things done



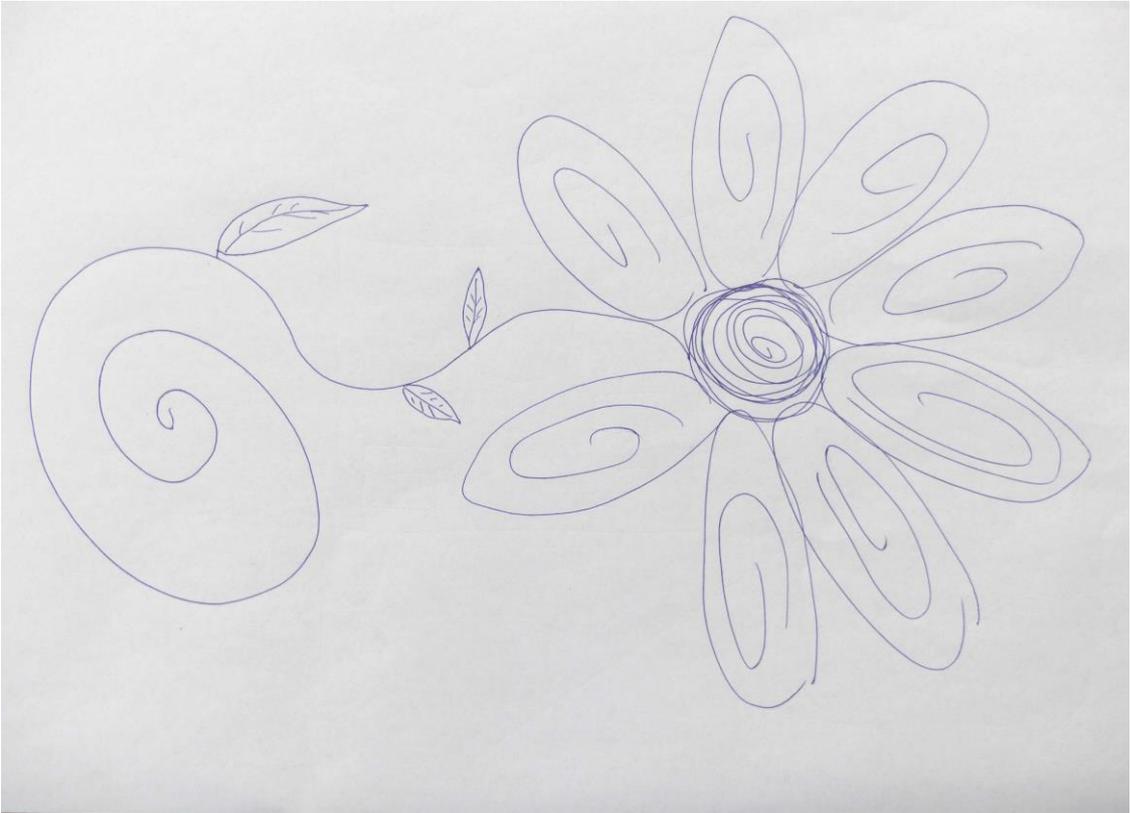
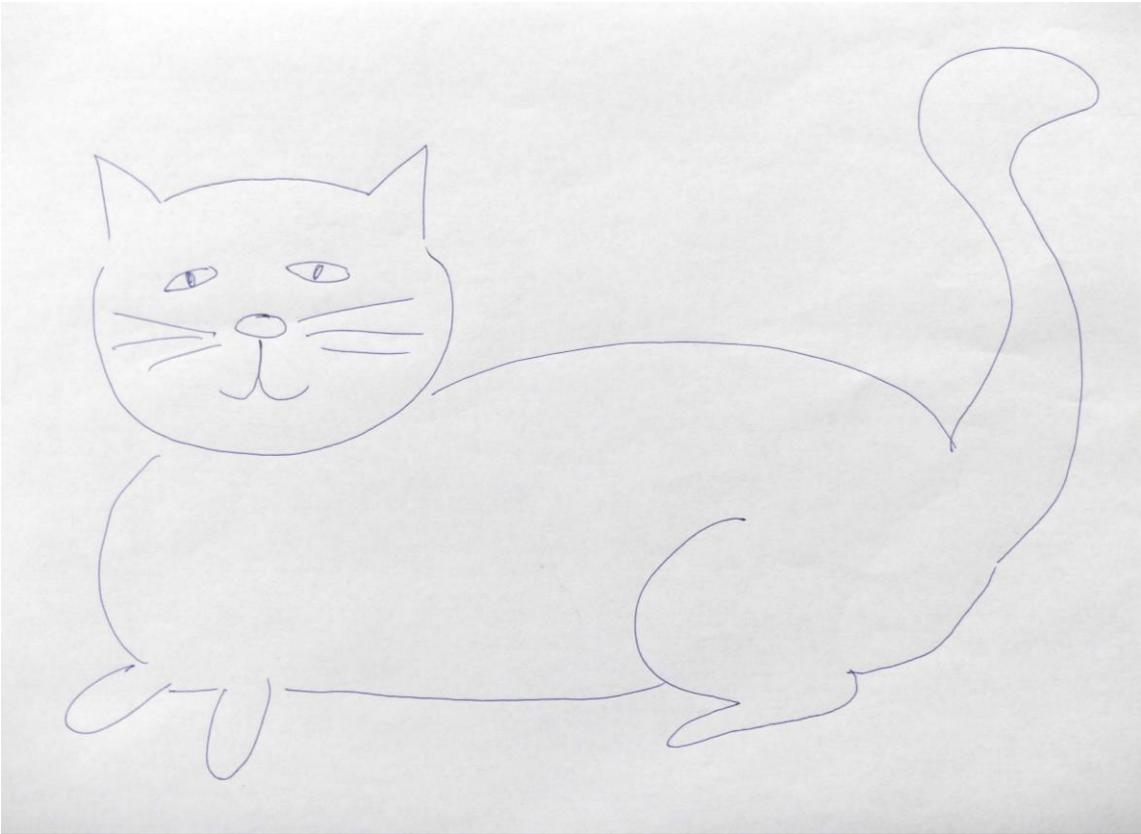
**"You can do anything,
but not everything."
-David Allen**



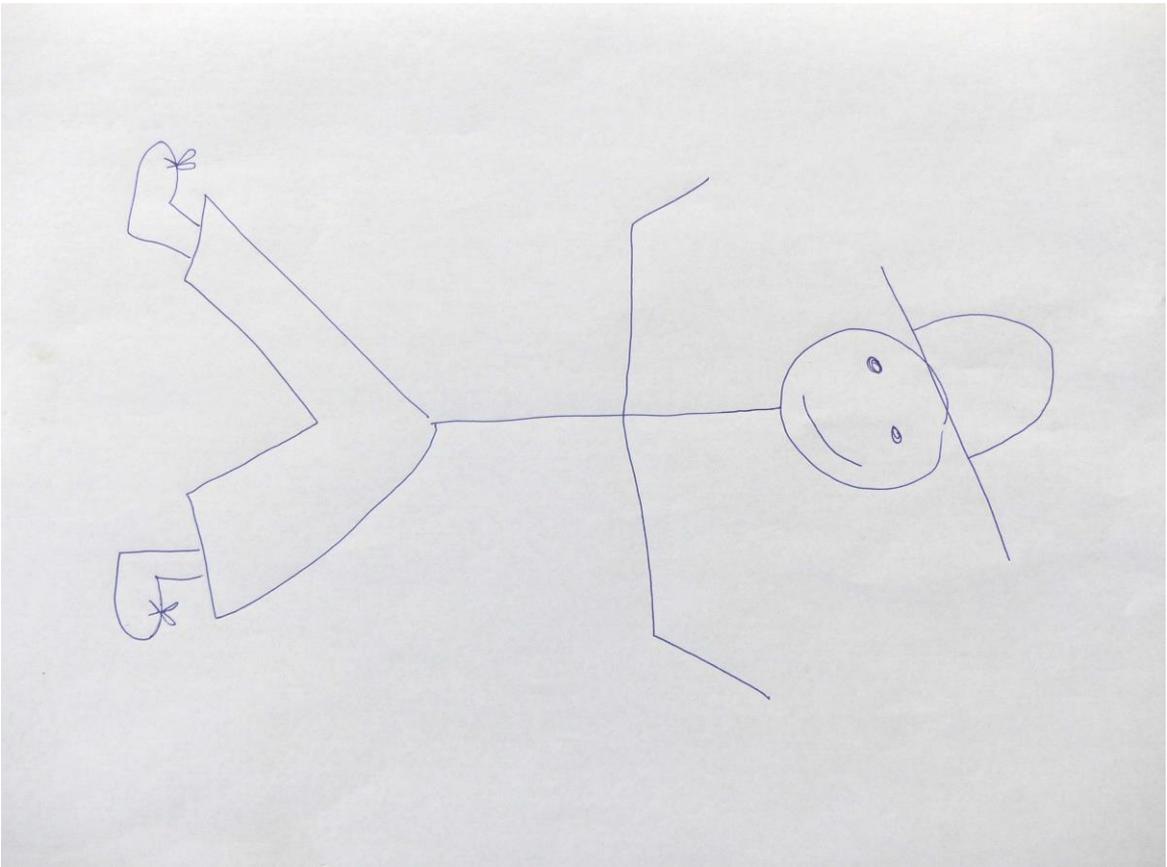
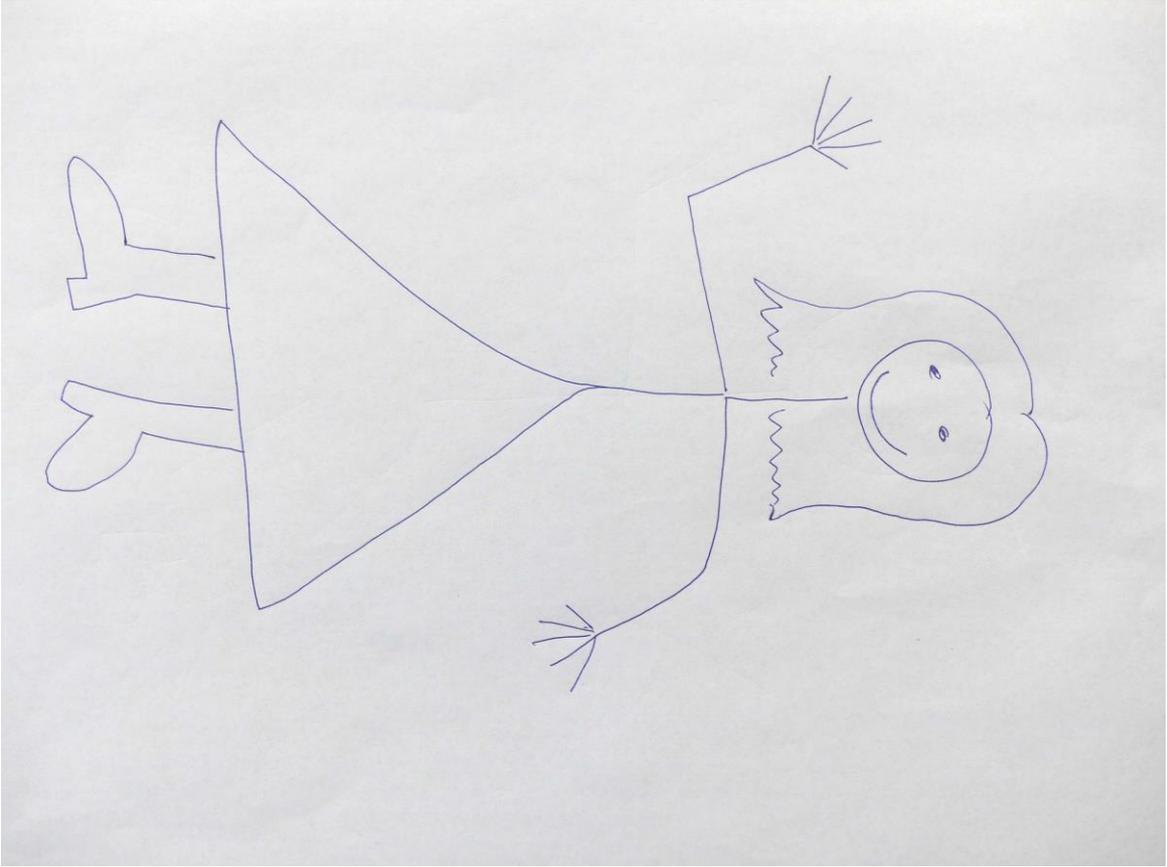
**"THE FUTURE
DEPENDS ON
WHAT WE DO IN
THE PRESENT."**

- Mahatma Gandhi

Appendix 11. Drawing twins







DAY 3

Appendix 12. Community project planner

This project planner helps you plan and monitor your activities. Write down all the tasks and resources you need to achieve your objectives. Then identify the time it takes to complete each task and set a deadline for each task. After that choose a key person or key persons who take responsibility for that task.

Task	Person(s) in charge	Resources	Time needed	Deadline

Appendix 13. Evaluation

This evaluation table helps you evaluate your project. Write down all your tasks, key person(s) and deadlines in the correct columns. Then write down when the task was completed. Note any problems that you may have encountered, and solutions to those problems.

Task	Person(s) in charge	Deadline	Completion date	Problems	Solutions to problems

