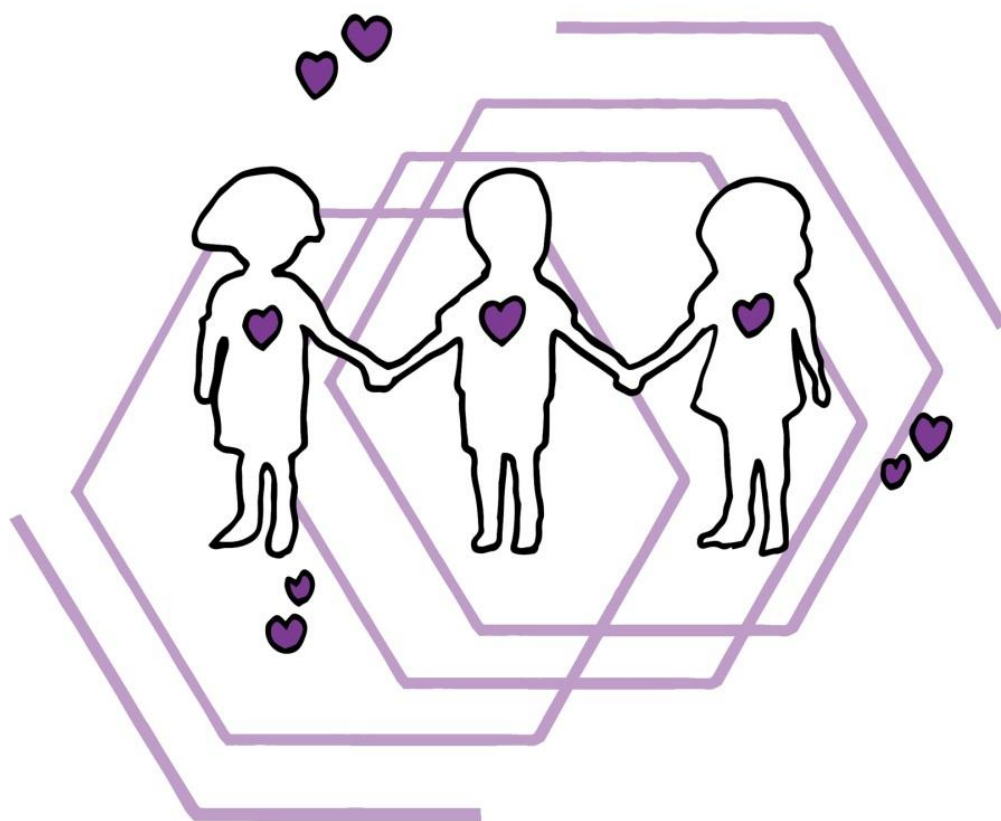


Serendipity Project





HARMONY Project, is a platform co-designed with professional trainers which focuses on individual well-being, interpersonal connections, and trust building. This creates a state of inner peace which impacts the outer environment, where issues are resolved with care and positive intentions. As a part of the Harmony Project, **“Serendipity” Project** was created to empower local and refugee teenage girls to overcome anxiety, build their identity and self-esteem, as well as strengthen self-compassion.

Peace in the outer environment can only be established and sustainable when every individual is at peace with herself/himself. This peace comes from accepting and nourishing ourselves, which leads to resilience of a heart in challenging life situations. Such skills are equally important for a child, as they are for an adult, and not learning them in early age may result in overwhelming emotions and feeling “lost”.

Bihac is a town located at the border between Bosnia and Herzegovina and Croatia, where many refugees seek help in temporary refugee camps. Such ongoing situation affects everyone, but especially young teenage girls who are already in a very sensitive period in their life. Being on a constant move or having a transitional period between schools and cultures is what contributes to their anxiety, fear, and negative self-image.

11 local girls and 7 girls from the Temporary Refugee Camp “Borici” in Bihac participated in 2 workshops on self-love, self-acceptance, emotional intelligence, mindfulness and empowerment. Workshops were carefully designed with psychologists, yoga teachers and activists who have experience working with such sensitive groups.

These workshops revealed their fears, anxiety, and self-blame that such life situation brought upon them. But deep down, there are many beautiful identities yet to be uncovered and brought to light. There is space for love, confidence and strength that they carry, and with the tools they learned they will slowly, over time bring it to the surface and integrate into their personalities.

This project resulted in this written journal that documents touching stories about their growth and development while practicing techniques they learned during the workshops.

In accordance with the Child Protection Laws and Regulations, we have decided to keep their stories anonymous. Every girl has chosen and described a character that they have discovered to be representing them.

Dajana

Spring



What did you learn about yourself this week?

I learned how to close my eyes, relax and talk with others. I like when Dajana is here with me in the camp. I learned how to listen to my heart, and that my heart is red and full of love. I am happy when Dajana and Merima are here. I really liked the activity when we drew on the big paper.

I am thankful...

- for the dance.
- for the meditation exercises that we did.
- for the time I got to spend with Dajana and Merima.

Write about a time when you were really proud of yourself.



I am proud of myself when I get a chance to help someone who does not have money.

I am proud of myself when I help someone learn how to write.

I am proud of myself when I know and say some words in Bosnian.

Describe one of the most challenging or difficult situations you found yourself in, and how did you overcome it?

Mathematics is difficult for me, so when I do not understand it, I call my teacher and she helps me.

If you could turn back the clock, what would you do differently?

I would play with my friends and dance more.

List / describe 5 simple pleasures that make you happy.

- 1) Dancing
- 2) When Dajana comes to the camp
- 3) Taking long showers
- 4) When my sister gives me a massage
- 5) Painting my nails

What values do you consider most important in life (love, friendship, honesty, justice, fidelity, strength, gratitude, etc.)? How do your actions align with these values?

I think friendship is important. I love people and they make me happy.

Describe one or two significant life events that helped you become what you are today.

I feel scared when we try crossing the border, but I like talking with the police officers who are nice and polite.

What three things would you like others to know about you?

- 1) I am friendly.
- 2) I love with all my heart.
- 3) I am smart.

Meditate for 5 minutes, then, write down what you were thinking about.

I was thinking about love and my friends who I miss a lot. They would never break my heart.

Write down any memory from life you would like to share with someone.

I love my memories related to my friends. I miss them a lot.

Summer



What did you learn about yourself this week?

I learned how to connect with others and I learned English with Dajana. I learned how to listen to my heart and I feel relaxed with my teacher.

I am thankful...

- for my heart.
- for labello.
- for the dance.

Write about a time when you were really proud of yourself.

I am proud of myself when I make someone laugh. Also, when I teach someone something new about my religion.

Describe one of the most challenging or difficult situations you found yourself in, and how did you overcome it?

I am afraid of the forest, especially at night. When we walk through the forest I think about my home.

If you could turn back the clock, what would you do differently?

I would sing and dance more.

List / describe 5 simple pleasures that make you happy.

- 1) Teacher Dajana
- 2) Hot showers after which I eat and relax
- 3) Makeup
- 4) Traveling in Bosnia
- 5) School

What values do you consider most important in life (love, friendship, honesty, justice, fidelity, strength, gratitude, etc.)? How do your actions align with these values?

Love and strenght are important to me.



Describe one or two significant life events that helped you become what you are today.

When we walk through the forest, I feel terrified. My heart breaks and I feel like crying. This makes me stronger.

What three things would you like others to know about you?

- 1) I love people.
- 2) I am smart.
- 3) I get in love easily.

Meditate for 5 minutes, then, write down what you were thinking about.

I only think about my teacher.

Write down any memory from life you would like to share with someone.

All of my most valuable memories are related to my father who passed away.

Fall



What did you learn about yourself this week?

I learned how to listen to others while they speak. I learned how to listen to my heart. We ate a lot and it was fun. I learned how to relax.

I am thankful...

- for my friends.
- for my family.
- because I am happy.

Write about a time when you were really proud of yourself.

I am proud of myself when I do good in school. I am proud to learn English.

Describe one of the most challenging or difficult situations you found yourself in, and how did you overcome it?

When I go "on game" (=try to cross the border), we go through the forest and we need to go over the river, and I am afraid of that. I try to take a rest, and think happy thoughts.

If you could turn back the clock, what would you do differently?

I would not leave my home. I miss my home, my dog and my friends.

List / describe 5 simple pleasures that make you happy.

- 1) Food
- 2) Dancing
- 3) Spa days
- 4) Friends
- 5) Family

What values do you consider most important in life (love, friendship, honesty, justice, fidelity, strength, gratitude, etc.)? How do your actions align with these values?

The most important value is strength. Girls need to be strong! We need to fight for what we want. Also, it is important to be thankful in life. I am thankful for Dajana and Merima.

Describe one or two significant life events that helped you become what you are today.

I chose a person, and that is my mother. She influenced me the most and made me this way.

What three things would you like others to know about you?

I am good.

I am smart.

I am strong.



Meditate for 5 minutes, then, write down what you were thinking about.

I was thinking about my family back home. I was thinking about having meals with them, and playing with my cousins. I miss the food.

Write down any memory from life you would like to share with someone.

When I came to Bosnia, I really liked it and thought that it is good, but I do not want to stay here. I have been here for one year now. I want to go to Germany. Then, I will get a phone and I will be able to keep in touch with my friends.

Winter



What did you learn about yourself this week?

I learned how to relax and breath. I learned how to be a good listener. I learned how to love all people.

I am thankful...

- for food.
- for my friends.
- for my family.

Write about a time when you were really proud of yourself.

I am proud that I can speak English and continue to learn it.

Describe one of the most challenging or difficult situations you found yourself in, and how did you overcome it?

It is difficult for me when we "go game" (=try to cross the border), because we need to go through the forest and it is scary. At that time, I try to breath and relax. I feel better in the morning.

If you could turn back the clock, what would you do differently?

I would not leave my country.

List / describe 5 simple pleasures that make you happy.

- 1) Sleeping
- 2) Listening to music
- 3) Taking long showers
- 4) Swimming
- 5) Football

What values do you consider most important in life (love, friendship, honesty, justice, fidelity, strength, gratitude, etc.)? How do your actions align with these values?

The most important value is love. I tell people that I love them and I try to show them. Also, strenght is important, especially because I am a girl.

Describe one or two significant life events that helped you become what you are today.

I try to listen to my heart, because it is strong. And going through this journey, it made me even stronger.

What three things would you like others to know about you?

- 1) I am strong.
- 2) I am beautiful.
- 3) I am smart.

Meditate for 5 minutes, then, write down what you were thinking about.

I was thinking about my father. I miss him and I think about him all the time. It makes me want to cry.

Write down any memory from life you would like to share with someone.

I do not like life in camp. I had everything back at home. Now I lost it all. Life goes on and I do not like it. I am looking forward to crossing the border and going to Germany, so I could have a normal life. I miss my father. He passed away.

White dove



What did you learn about yourself this week?

I have learned not to be so rough on myself, and that self-love is the only thing missing in my life.

I am thankful...

- for being healthy.
- for my friends and family.
- for getting good grades.

Write about a time when you were really proud of yourself.

The moment when I was most proud of myself was when I finally enrolled in high school.

Describe one of the most challenging or difficult situations you found yourself in, and how did you overcome it?

One of the difficult situations I found myself in was the lack of motivation to learn. I solved it by forcing myself to study until it became a habit for me.

If you could turn back the clock, what would you do differently?

I would worry less and enjoy elementary school more.

List / describe 5 simple pleasures that make you happy.

- 1) Night walks
- 2) Finishing my homework
- 3) Going out with my best friend
- 4) Watching a movie
- 5) Reading a book

What values do you consider most important in life (love, friendship, honesty, justice, fidelity, strength, gratitude, etc.)? How do your actions align with these values?



The most important value is justice, and that you treat everyone equally.

Describe one or two significant life events that helped you become what you are today.

The first one is transferring to a new school, and the other one is when I met my best friend who made me feel stronger and more confident.

What three things would you like others to know about you?

- 1) I enjoy reading.
- 2) I am always in a good mood.
- 3) I am always smiling.

Meditate for 5 minutes, then, write down what you were thinking about.

I was thinking about the things that I need to do, and meditation calmed me down.

Write down any memory from life you would like to share with someone.

When I changed schools, I was very insecure, but after everyone welcomed me with open arms on the first day, I became more sociable and outgoing.

Write 10 positive affirmations.

1. I am strong.
2. I am brave.
3. I am beautiful.
4. I deserve love.
5. I deserve to be happy.
6. I am more than enough.
7. I am creative.
8. I am talented.
9. I am an amazing person.
10. I can deal with anything.



What is your biggest dream in life?

My biggest dream in life is to be truly happy and have a life filled with love and people who care for me deeply.

What can you do to make your dream come true?

I can surround myself with positive things and positive people.

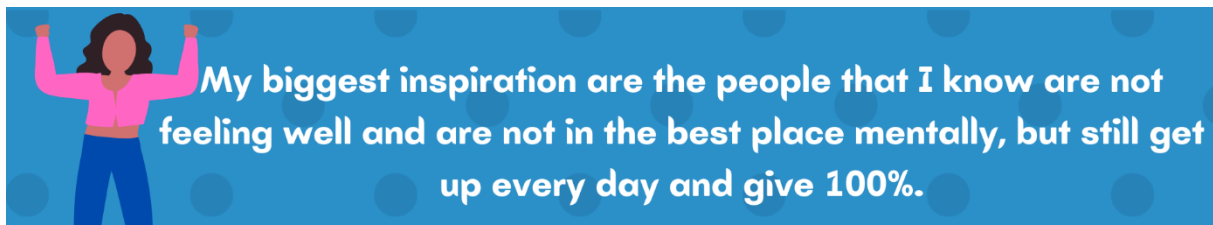
Describe your alter-ego. What does your SUPERHERO version look like, how do you feel, how do you behave and what do you do?

My alter-ego is much more confident in herself than I am. She has a lot more self-confidence, and is successful and happy.

Our self-confidence is most shaken when our thoughts are negative. What types of thoughts or thought patterns cause you to feel distracted, suspicious, and insecure?

Thoughts about school and potential failure make me upset and create unnecessary anxiety for me.

Who inspires you and why?



Investing in yourself builds confidence and worth. What is the best investment you have ever made in yourself?

Studying and reading more. Reading more improved my memory and was helpful later on.

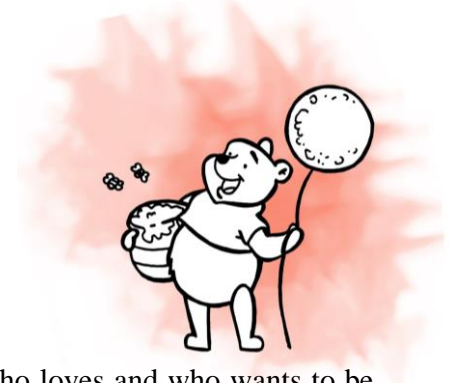
What are the things that you need to STOP doing that are making you unhappy?

Doubting myself and stressing for no reason.

Today I would love to ...

... rest and be happy. One day to just not think about anything.

Winnie



What did you learn about yourself this week?

I learned that I am valuable. I learned that I am a person who loves and who wants to be loved. I learned that I need to accept things as they are and get the best and the most valuable out of them. I learned that no one is perfect, and that these "flaws" are usually most loved and they shape the person. This week I found my true self and learned how to love her.

I am thankful...

- for my wonderful family and best friends.
- to have found myself.
- to have learned how to deal with my emotions.

Write about a time when you were really proud of yourself.

I have never done something so big that I can say I am most proud of, but day by day, I do things that fulfill me, fulfill my parents and my friends. Only when I realize that my parents and friends are proud of me will I be the proudest and happiest person ever.

Describe one of the most challenging or difficult situations you found yourself in, and how did you overcome it?

One of the challenges that still bothers me today is that it is difficult for me to socialize. I want to start expressing my opinion more clearly, talking about my feelings, hanging out with people... I want to get out of my comfort zone. With many friends and various experiences, ups and downs, today I am progressing in that openness and I am trying to change for myself.

If you could turn back the clock, what would you do differently?

I would not worry about many things, and I would dedicate myself to many others. I would start participating in workshops earlier and I would get involved in some associations and organizations. I really cannot write everything I would change in my past, but I find that instead of looking at my past and thinking "what would it be like", I think I will use all that energy to improve NOW and TOMORROW.

List / describe 5 simple pleasures that make you happy.

- 1) Family
- 2) Friends
- 3) My pet
- 4) Books and movies with a cup of coffee
- 5) My spirit

What values do you consider most important in life (love, friendship, honesty, justice, fidelity, strength, gratitude, etc.)? How do your actions align with these values?

I believe that without love, friends, respect and fidelity, life does not make sense. For all that, we need strength, and we get strength from our loved ones, which tells me that it is a huge circle of life. We simply have to spread love, in return to get the same, because without love there is nothing.

Describe one or two significant life events that helped you become what you are today.

I have not had some significant life events that changed me. I believe that all minor events that happened had an impact on me and made me what I am today. I often think about the future and my thoughts are always 10 steps ahead.

At the end, it was Serendipity Project that helped me open my eyes and I learned a lot about my emotions, thoughts, abilities, values, virtues, and flaws.

What three things would you like others to know about you?

- 1) I like listening to others when they share about something important to them.
- 2) I have understanding and patience for everyone.
- 3) When I feel positive vibes, then I feel more comfortable and others can see another, incredibly different me.

Meditate for 5 minutes, then, write down what you were thinking about.

I am currently thinking about how I would like to change everything in my life, even those things over which I have no control, so that I would feel some inner peace. I sometimes get too frustrated by things I have no control over. I have a lot of mixed feelings and thoughts that it is hard for me to express myself.

Write down any memory from life you would like to share with someone.

The memory that still makes me cry and cheers me up at the same time is when I became closer to my cousin than ever before. Today we are truly inseparable and my love for him is immeasurable and unlimited. The matter was very complicated. As children we hung out and played. And then we renewed that friendship and started hanging out more intensely, and he started opening up to me and talking about things that were bothering him. Since I know he had family problems, I think it was a big step for him to open up to me, and I am really proud of him and I am honored to be able to listen to him and be there for him.

Write 10 positive affirmations.

1. I deserve everything I want.
2. I have the right to be happy, the freedom to love and to be loved.
3. I am more than enough for myself and my loved ones, the rest does not concern me.
4. I deserve to feel cared for and to take care of others in the same way.
5. I deserve respect as a human being first and foremost.
6. I deserve to feel happy in life.
7. I am worth it.
8. I am worth it.
9. I am worth it.
10. I AM WORTH IT!



What is your biggest dream in life?

My biggest dream in life is to be surrounded by people who love me, respect me and consider me valuable, beautiful and precious because of who I am. Someone who will remind me that all flaws and imperfections are parts of me and that I need to love them all. Someone who will fall in love with all those parts. Basically I want to say that my dream is to have a person in my life, even if it is just one, but a valuable one, that I can count on, that can count on me, that respects me and that I will respect. Someone who will believe in me even when I get into a situation in which I would be tempted to betray myself.

What can you do to make your dream come true?

Trying to please everyone so that they treat me like I treat them is not the solution, but spreading positive energy and shining your light, no matter what, is. Most importantly, I will just let people see my light and let them decide by themselves whether they want to be enlightened by it or not. Because there is never a good thing in chasing people and asking for love that you deserve.

Describe your alter-ego. What does your SUPERHERO version look like, how do you feel, how do you behave and what do you do?

My superhero is an angel. The one who is always here to help, to sacrifice everything for you no matter how much it takes or costs by any price. My superhero is there to protect everyone, to make them feel better, and not wanting anything in return.

Our self-confidence is most shaken when our thoughts are negative. What types of thoughts or thought patterns cause you to feel distracted, suspicious, and insecure?

Those are usually my OVERTHINKING scenarios and even feelings, because something about overthinking makes you want to question yourself in so many ways, and then you end up not knowing who you really are. I wish I could stop overthinking but that seriously became my habit. I cannot get rid of it.

Who inspires you and why?

My parent and my friends are the people who inspire me the most, not for some specific reason but the fact that they exist and they see me as someone very important. But as I overthink a lot, I usually tell myself I am going to prove them right and make them right because they believe in me and justify the positive opinion they have of me, or maybe even prove them wrong. I guess it is some sort of criticism, that will, hopefully, result in something positive and motivate me to progress.

Investing in yourself builds confidence and worth. What is the best investment you have ever made in yourself?

The best investment is that I learned how to handle things myself and not wait for anyone or anything. I am kind of raised like that. I never asked anyone to do anything I was capable of. I would never ask for a favor unless it is seriously something I cannot handle myself. Also, I could say that I improved myself by just learning how to accept my own mistakes and not repeating them, and thinking few steps ahead.

What are the things that you need to STOP doing that are making you unhappy?

Overthinking.

Today I would love to ...

...make myself a cup of coffee and read a book. It really calms me down and makes me want to appreciate life even more. I kind of find books and music like a cure for literally everything.



Moonlight



What did you learn about yourself this week?

I realized that I am very insecure but that I can transform these insecurities into something good. I learned that I need to get to the core of the problem to understand it and do something about it. I have learned that I do not need to be so hard on myself.

I am thankful...

- for getting the opportunity to participate in this project.
- for the people I had met in this project.
- because my love for myself and self-confidence have grown.

Write about a time when you were really proud of yourself.

That was the moment when I decided that some people should not stay in my life, especially if they are bad for me. The most important thing is to focus on myself. That is what I did. I started to take more care of myself and love myself more. I found the courage to change something about my physical appearance and the way I dress.

Describe one of the most challenging or difficult situations you found yourself in, and how did you overcome it?

One of the most difficult situations in my life was moving. It completely changed my life. I had no friends and I was very lonely. My only friend was my dog. I started some hobbies and it helped me a lot. I did not know how to make new friends and at the time it seemed impossible to me, but somehow the stars aligned and now I have friends for life. I think the sun always comes after the rain. You just have to be patient.

If you could turn back the clock, what would you do differently?

If I could turn back the clock, I would go back in time and tell myself to follow my dreams, not to listen to what others are saying because the most important thing is what I want and what makes me happy. I would also tell myself that I need to believe in myself more because I can do anything if I try. I need to love myself the way I am and not change for the sake of others because it will not make me happy.

List / describe 5 simple pleasures that make you happy.

- 1) Watching TV series in my room while it is raining outside
- 2) Going out with my friends at night and having long conversations
- 3) Looking at the stars and talking about life
- 4) Going somewhere by the river with my friends
- 5) Spending time with my family and my pets

What values do you consider most important in life (love, friendship, honesty, justice, fidelity, strength, gratitude, etc.)? How do your actions align with these values?

LOVE - I think that we need to give love as much as possible because it is nice to be loved and because we as humans cannot be without love.

FRIENDSHIP - Everyone needs a friend in life because they are the ones who bring us joy, strength and everything else in life.

I always try to be friends with everyone, no matter how long we have known each other. I try to be fair because it is something that brings us balance in life. Honesty is an essential virtue for me, because I associate it with justice. If someone is not honest, he is not fair

either. I believe in karma and that is why I think if we are not fair, someone else will also be unfair to us.

Describe one or two significant life events that helped you become what you are today.

One of the significant life events for me was enrolling in high school. The change of environment and society has changed my mindset. Also, the fact that my family and I had moved just before that had an influence. I think it is important to meet new people and research about things that interest us, because it changes our mindset. That is how we grow.

What three things would you like others to know about you?

- 1) I am creative.
- 2) I am fun! I am a happy and thankful person.
- 3) I am trustworthy.

Meditate for 5 minutes, then, write down what you were thinking about.

Some dark and cold mountains appear in my head. I am not sure what they represent. Next to them I see a light that gives me hope and makes me happy. I feel warm. I do not see much, but my thoughts pile up. Thoughts come and go, and I do not have time to analyze them all. I try not to think, but to focus on myself and the image I am creating.

Write down any memory from life you would like to share with someone.

This project will definitely remain engraved in my memory as a wonderful experience. Primarily because of all the people I met, and then because of the activities from which I learned how to love myself and how to work on my self-confidence. I realized that I needed to be more relaxed, and that I did not need to be afraid to express my opinion and feelings. In addition, I really liked the meditation and I will try to do it every day.

Write 10 positive affirmations.

1. I am important.
2. I am smart.
3. I deserve all the good that comes to me.
4. I put myself first.
5. I love myself.
6. I am brave.
7. I am happy.
8. I am fulfilled.
9. I am positive.
10. I am proud of myself.

What is your biggest dream in life?

At the moment, my biggest dream is to find a profession that will fulfill me. I want to have a job that will bring me happiness in life and that I will love. I want to be successful in life, but also happy and satisfied with both my job and myself.

What can you do to make your dream come true?

I try to have the best grades in school so that I can enroll in the faculty I choose, but also to work on myself and surround myself with positive people. I try to work on myself as much as possible because I want to love myself as much as possible.

Describe your alter-ego. What does your SUPERHERO version look like, how do you feel, how do you behave and what do you do?

It is the version of me that is the most confident and is not afraid to do what she wants. She makes me feel inspired.



Our self-confidence is most shaken when our thoughts are negative. What types of thoughts or thought patterns cause you to feel distracted, suspicious, and insecure?

When I do not like the consequences of something I have done, I start blaming myself for it and it is hard not to think about it.

Who inspires you and why?

I am most inspired by my friends who support me even when other people judge me.

Investing in yourself builds confidence and worth. What is the best investment you have ever made in yourself?

I started working on myself more and I started loving myself the way I am. I use meditation when I am not feeling well and it helps a lot. I think this project helped me a lot in finding myself.

What are the things that you need to STOP doing that are making you unhappy?

I need to stop comparing myself to others and I need to stop thinking that they are better than me.

Today I would love to ...

... go out on a walk with my dogs, listen to music and just enjoy the fresh air without worrying about school and other problems.



Cik Cikpogodi



What did you learn about yourself this week?

I learned that I still need to work on myself and that I must not allow others to negatively affect me.

I am thankful...

- that God had sent me to this workshop.
- that I have learned something new.
- for finding myself.

Write about a time when you were really proud of yourself.

The moment when I was most proud of myself was when I when I found myself and learned to stand up for myself.

Describe one of the most challenging or difficult situations you found yourself in, and how did you overcome it?

When I went to elementary school I was bullied by my peers and somehow I overcame that physical and psychological violence. Now I am doing so much better.

If you could turn back the clock, what would you do differently?

I would be there for my grandmother who passed away. Maybe she would still be alive if I was more with her. Also, I would not do something really bad, which I did, to my best friend. Thank God, no matter what, we are still best friends.

List / describe 5 simple pleasures that make you happy.

- 1) My dog
- 2) My parents
- 3) My sister
- 4) My boyfriend
- 5) My grandfather

What values do you consider most important in life (love, friendship, honesty, justice, fidelity, strength, gratitude, etc.)? How do your actions align with these values?

When it comes to love and friendship, it is important to me how someone treats me, because that is how I will treat that person.

Describe one or two significant life events that helped you become what you are today.

I do not think that I have any significant life events. Maybe in the future.

What three things would you like others to know about you?

- 1) I am a positive person.
- 2) I like to joke around.
- 3) I am strong.

Meditate for 5 minutes, then, write down what you were thinking about.

I imagined that I was at a beach with my boyfriend. It was really relaxing and unreal. When I controlled my breathing I had the feeling of floating on water.

Write down any memory from life you would like to share with someone.

I would not like to share anything now. But when I do have something to share, I will share it with my best friends, my family and my boyfriend.

Write 10 positive affirmations.

1. I am smart.
2. I am beautiful.
3. I am communicative.
4. I am diligent.
5. I am humane.
6. I deserve a bright future.
7. I deserve to live freely without fear.
8. I matter.
9. I have an attitude.
10. I am what I am.



What is your biggest dream in life?

I do not have the biggest dream because I live each day as if it was my last.

What can you do to make your dream come true?

I can live my life to the fullest.

Describe your alter-ego. What does your SUPERHERO version look like, how do you feel, how do you behave and what do you do?

My superhero version looks like the Cat Woman. She is mysterious and resourceful.

Our self-confidence is most shaken when our thoughts are negative. What types of thoughts or thought patterns cause you to feel distracted, suspicious, and insecure?

It depends on the situation. If it is related to school I feel stressed, because I think about all the things I need to do. If it is related to sports, I think about training and whether the effort will pay off.

Who inspires you and why?

My father is my biggest inspiration because he is honest, organized, sensitive and always ready to help.

Investing in yourself builds confidence and worth. What is the best investment you have ever made in yourself?

The best investment in myself was when I began playing handball. I would love to play again.

What are the things that you need to STOP doing that are making you unhappy?

I need to stop overthinking things.

Today I would love to ...

... do my training well and I would love to create a great look for Halloween.

Cherry Blossom



What did you learn about yourself this week?

I realized that I too have a soul, feelings and emotions and that both they and I are worth it. Everything I want to give to others, I need to give to myself first. Just as I have flaws, I also have virtues. I am a real person who has many layers that have yet to be discovered. It is really important to love yourself and to be gentle with yourself. One should enjoy all that life has to offer.

I am thankful...

- for my loved ones.
- for this experience.
- for my health and for everything that makes me who I am.

Write about a time when you were really proud of yourself.

The moment when I was most proud of myself was when I realized who I am. When I became aware of my emotions, my negative and positive thoughts, how to deal with them and how to balance all of it. When I realized what things made me special and why I was worth it. When I let myself know that I needed to care about myself, my well-being, my mind, my heart and my body. Thoughts affect emotions, and emotions affect the body. I was proud when I realized how I was growing and how I needed to keep growing. When I became self-aware!

Describe one of the most challenging or difficult situations you found yourself in, and how did you overcome it?

One of the difficult situations I found myself in was getting out of my comfort zone and understanding that I am important and that I deserve peace. I was able to do this with the help of coordinators, friends, psychotherapists and people around me. When I heard how we all deal with similar burdens and thoughts, I felt at ease. Deep down, we all want the same thing. We all want love. Then, it was easier to open up, no one was judging anyone, I felt safe and accepted, because as much as we are similar we are each special in our own way and that is what unites us.



If you could turn back the clock, what would you do differently?

I would definitely be more grateful for everything I have, and I would not think about what I do not have. I would care about myself more. I would deal with problems more calmly. I would give myself time to grow and I would be selfish when it comes to my time, happiness and health.

List / describe 5 simple pleasures that make you happy.

- 1) Art
- 2) Inner and outer peace
- 3) Pets

- 4) Family
- 5) Making others happy

What values do you consider most important in life (love, friendship, honesty, justice, fidelity, strength, gratitude, etc.)? How do your actions align with these values?

I think that honesty is one of the most important virtues in life, because honest people create a sense of security and reliability, and that is why I try to give the same feeling to others. Justice as well as honesty must exist because even if we do not like it, we know that something is right and deserved. Gratitude is different for everyone, but it is an important factor because it is easier to live with it. We know that some things we have, others do not, and because of that we feel wealthier and begin to appreciate things much more and do not take them for granted because, maybe tomorrow, we will not have those things anymore.

Describe one or two significant life events that helped you become what you are today.

I had been bullied in school and it affected my life a lot. As incredible as it sounds, it is one of the things that made me stronger and more empathetic. The two important lessons I learned are:

1. Do not let other people's insecurities affect your opinion of yourself, because everything they have to say about you actually says more about them.
2. Now that you understand how small things, like words, can affect someone and how much importance and power they carry, you know how to manage them and not hurt others but use them for love, friendship, helping others around you, but first and foremost yourself.

What three things would you like others to know about you?

- 1) I am emotional.
- 2) I like being there for others.
- 3) I like to make people laugh.

Meditate for 5 minutes, then, write down what you were thinking about.

I thought about everything we did and talked about, and it helped me create a clear image of myself, to see what was missing and what needed to be addressed, that I could now continue to work on myself, my mental and physical health. I was thinking about how I should take care of myself and gradually peel off all the layers to get to the core. I realized that it is important for me to appreciate myself and others, that I must know how to set healthy boundaries and take time for myself. I realized that I also have a purpose and that I can make the world a better place because everything starts from someone.

Write down any memory from life you would like to share with someone.

I am an activist and a volunteer who likes attending different workshops. Because of this, I have met a lot of unique souls and I had been given amazing opportunities which I would not be given if I had not been a part of them. I think it is worth sharing some important lessons from school as well.

Write 10 positive affirmations.

1. My feelings matter.
2. I take care of myself and others.
3. I do not need to worry about the things that I cannot control.
4. I am worthy.
5. I have people who care about me and love me just the way I am.
6. My insecurities are not my reality.
7. My life has a purpose.
8. I can if I try.
9. I love being me.
10. I am not alone.

What is your biggest dream in life?

My biggest dream in life is to become a better version of myself.

What can you do to make your dream come true?

Do my best, take care of myself, my body, my soul, my mind, take care of others around me and not worry about things I cannot control.

Describe your alter-ego. What does your SUPERHERO version look like, how do you feel, how do you behave and what do you do?

My alter-ego is definitely someone who is not afraid to say what she thinks and expresses her opinion in a nice way without fear of what someone will think about her. She is always ready to help and cheer others up. She does not give up on her goals and does everything in her power to make her dreams come true. But also, she is grateful for what she has and lives a simple life.

Our self-confidence is most shaken when our thoughts are negative. What types of thoughts or thought patterns cause you to feel distracted, suspicious, and insecure?

I mostly think about school and everything that I need to do in school, but also I think about my peers. We often doubt ourselves and our capacity and forget that we can do much more than we think. We question ourselves and think about why someone would have negative thoughts about us but we should not get stressed about things we cannot control.

Who inspires you and why?

It is someone very special and important, who teaches me how to be a better person, how to be patient and look positively at things and people, who teaches me how little things can make a day beautiful and how to be simple and grateful in life and that beautiful things come back to us.

Investing in yourself builds confidence and worth. What is the best investment you have ever made in yourself?

Non-formal education, volunteering and projects that I took part in.

What are the things that you need to STOP doing that are making you unhappy?

Overthinking, doubting myself and being afraid of other people's opinions.

Today I would love to ...

... do a workout and maybe draw something.



Rigby



What did you learn about yourself this week?

I realized that I am valuable and that I need to live. I learned that life has its ups and downs, but that I have to be strong enough and fight for myself and my life. Also, I must not allow anyone to have a negative impact on me and my life.

I am thankful...

- to have met the wonderful women who led these workshops.
- to have met new friends.
- for this experience.

Write about a time when you were really proud of yourself.

The moment when I was most proud of myself was when I opened up and shared my story. I felt proud of myself, because I was brave and I said it all.

Describe one of the most challenging or difficult situations you found yourself in, and how did you overcome it?

One of the difficult situations I found myself in was at one of the workshops. We did one activity where we were looking at our partner's eyes, and those eyes reminded me of my mother, who is not in my life anymore. One warm hug helped me overcome it.

If you could turn back the clock, what would you do differently?

I would respect my mother more. I would not cause her problems and I would tell her every day that I love her.

List / describe 5 simple pleasures that make you happy.

- 1) My social worker
- 2) My friends
- 3) School
- 4) One special place
- 5) My boyfriend

What values do you consider most important in life (love, friendship, honesty, justice, fidelity, strength, gratitude, etc.)? How do your actions align with these values?



The most important value is honesty. As a kid, I always lied and I realized that you would be better in life if you were honest. And I try to be honest now.

Describe one or two significant life events that helped you become what you are today.

When I went to elementary school, I always lied, and then I would be punished for it. After a long time I realized it was not good and now I am a person who does not know how to lie.

What three things would you like others to know about you?

- 1) I am friendly.
- 2) I am brave.
- 3) I am honest.

Meditate for 5 minutes, then, write down what you were thinking about.

I could not relax.

Write down any memory from life you would like to share with someone.

As a child, I was left in a foster home, after which I was adopted. I had a nice life up to one point. I was abused and it lasted for years. After five years, I could not handle it anymore and I tried to commit suicide. I survived and it was a sign to me that I needed to turn a new page, which I did.

Write 10 positive affirmations.

1. I am good.
2. I am honest.
3. I deserve good things in life.
4. I am worth it.
5. I am important to other people as well.
6. I deserve to be treated the same way I treat others.
7. I deserve not to be lied to.
8. I am caring.
9. I deserve love.
10. I deserve help.



What is your biggest dream in life?

My biggest dream in life is to become a nurse.

What can you do to make your dream come true?

I can do good at school and get good grades.

Describe your alter-ego. What does your SUPERHERO version look like, how do you feel, how do you behave and what do you do?

My alter-ego is a small unicorn. She is able to fly. She feels free and is very happy.

Our self-confidence is most shaken when our thoughts are negative. What types of thoughts or thought patterns cause you to feel distracted, suspicious, and insecure?

I feel lonely and sometimes I think I do not have anyone.
That breaks me. Without my mother's embrace, I am nobody.

Who inspires you and why?

My inspiration is my friend because he supports me. He is always by my side and gives me what I crave for.

Investing in yourself builds confidence and worth. What is the best investment you have ever made in yourself?

When I got my first job two months ago.

What are the things that you need to STOP doing that are making you unhappy?

I need to stop consuming illegal substances and I need to stop hanging out with fake friends.

Today I would love to ...

... turn my life around. I want to be happy. I want to move to Germany. I want to get a good job. And I want to leave my past where it belongs – in the past.

**What did you learn about yourself this week?**

I learned how to be confident and how to trust myself. I learned how to be relaxed and that makes me feel safe. I also learned that not everything in life is negative. We should always remember that there is worse. For example, someone does not like her/his eyes. Just remember that someone does not have them, cannot see, etc.

I am thankful...

- for this project because I met new friends.
- that I have become more confident in myself.
- to have learned to look at things in a positive way.

Write about a time when you were really proud of yourself.

I am always proud of myself when I do something nice and good. One should be proud of oneself, even if one does something small for oneself or someone else. For example, I am proud of myself when I help a friend, mom, dad, grandmother, someone on the street. I am proud when I learn something or master a new skill. I am proud of myself for participating in this project because this experience has changed the way I think about some things.

Describe one of the most challenging or difficult situations you found yourself in, and how did you overcome it?

One of the difficult situations I found myself in was the first day of high school. I was stressed then and I panicked because I did not know anyone. Then when I realized that we are all more or less the same, it comforted me, because everyone is special in their own way and should not be changed for the sake of others. Never forget that you are special!

If you could turn back the clock, what would you do differently?

Well I would have a lot more self-confidence and I would not stress out over the little things.

List / describe 5 simple pleasures that make you happy.

- 1) Food
- 2) Music
- 3) Friends
- 4) Family
- 5) Exercise

What values do you consider most important in life (love, friendship, honesty, justice, fidelity, strength, gratitude, etc.)? How do your actions align with these values?

I consider the above to be equally important in life. You cannot live without love.

Friendship is the most beautiful thing that can happen to you. When you have someone by your side, you have someone to share secrets with, talk to, etc. No matter what, we have to go grateful, because the least we can do is say "thank you."

Describe one or two significant life events that helped you become what you are today.

This project helped me to be what I am, i.e. my mentors helped me. The activities we did made me feel relaxed and I was able to speak openly.

What three things would you like others to know about you?

- 1) I am responsible and fair.
- 2) I am confident.
- 3) I am positive, even when I have bad days.

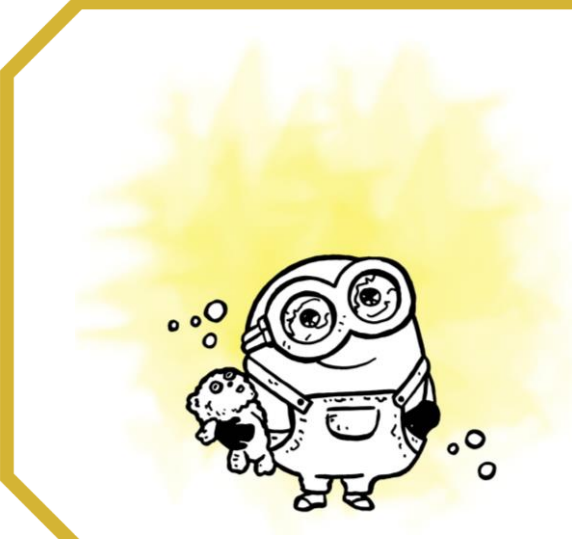
Meditate for 5 minutes, then, write down what you were thinking about.

I am thinking how I am a red rose with thorns. I am in the park. People move around me and look at me. They approach me to see me and smell me. Not just people but also animals, dogs, cats and birds. I feel excited and happy. When fall comes, I watch the leaves fall off and dry. In winter I hibernate like a bear. When spring comes I wake up again and bloom. My roots are very strong, long and branched. I am a very strong rose.

Write down any memory from life you would like to share with someone.

My fondest memory is today. I will always remember this day because I set aside time for myself and worked on myself. I learned a lot of things. If I were to participate in this project again, I would not change anything. I feel so happy, content and successful. I'm proud of myself. It is never too late to work on yourself!

Write 10 positive affirmations.



1. I am a positive person.
2. I am worthy.
3. I am a good person.
4. I like to help others.
5. I am happy.
6. I am strong.
7. I am confident in myself.
8. I love myself.
9. I matter.
10. I am emotional.

What is your biggest dream in life?

My biggest dream is to be a happy person, and to achieve my goals in life. Also my big dream is to become a policewoman one day. I believe in myself and I think that whatever I imagine I can do it if I try hard enough.

What can you do to make your dream come true?

Everything can be achieved with work and effort. I can finish school with the best possible grades, enroll in a police academy or a Faculty of Transport and Traffic Engineering (in my case), and for that I just need to work hard, make an effort, be strong and have the will. Even though we all have bad days and sometimes we act as if we do not care anymore, we just need to remember why we started in the first place. I want to have a job that will be my hobby.

Describe your alter-ego. What does your SUPERHERO version look like, how do you feel, how do you behave and what do you do?

My alter-ego helps me when I feel insecure. My alter-ego looks like me, but she has no insecurities and no flaws. She can overcome some challenges that I cannot face. When I

think about it, I feel much safer and I think that everything that I imagine I can achieve. I feel so indescribably happy.

Our self-confidence is most shaken when our thoughts are negative. What types of thoughts or thought patterns cause you to feel distracted, suspicious, and insecure?

I am under a lot of stress when I have a test in school. And because of that stress, I feel insecure, even though I studied. I feel distracted when I do something for the first time or when something happens to me for the first time. When I feel insecure or distracted, my heart starts beating very fast, I feel afraid and restless.

Who inspires you and why?

I am most inspired by my friends and my family. They inspire me every day. I am inspired by their mindset. They inspire me to learn and they inspire me with their ideas.

Investing in yourself builds confidence and worth. What is the best investment you have ever made in yourself?

The best thing that I had done for myself, was to start building self-esteem. I started dealing with things that have been holding me back. I had built walls around myself, but they are tumbling down. I make progress every day.

What are the things that you need to STOP doing that are making you unhappy?

I need to stop criticizing myself and comparing myself to other people because everyone is special in their own way. No one is perfect. We have our virtues and flaws.

I always find a flaw in myself and it makes me insecure and unhappy.



Today I would love to ...

... go out with my friends so we could talk, laugh, remember the old days and talk about the memories we have. Also, I would love to do a good deed because when I do something good I feel great, and the feeling is indescribable.



Lioness



What did you learn about yourself this week?

This week I learned how to respect myself, fight for myself, how to put myself first, not to let small things destroy me, how to be stronger than before and that I as a person deserve more.

I am thankful...

- to be strong and to be able to move on.
- that I can look people in the eye and say what I think.
- for myself. I am thankful to be alive and to have a lot of friends.

Write about a time when you were really proud of yourself.

It was a moment of truth. The moment when I managed to get out of the dark place. It took me a long time to move on. It was hard for me at first. I was thinking whether to go or not. I was driven by a trauma that made me sure I would stop, motionless. And I stopped and thought. I realized that after so much time, I could look other people in the eye. I was proud of myself. I think I succeeded. I believed I could do better, and I know I can. I am still proud because I have the courage to go towards my goals.

Describe one of the most challenging or difficult situations you found yourself in, and how did you overcome it?

I do not want to share it.

If you could turn back the clock, what would you do differently?



IF I COULD TURN BACK THE CLOCK, I WOULD RESTORE PEACE IN THE WORLD, I WOULD MAKE FRIENDS WITH A LOT OF PEOPLE, I WOULD HELP POOR PEOPLE, I WOULD SAY "STOP" TO VIOLENCE, I WOULD SHOW GOOD PEOPLE THE WAY TO HAPPINESS, AND I WOULD PUT A SMILE BACK ON UNHAPPY PEOPLE.

List / describe 5 simple pleasures that make you happy.

- 1) Being with my relatives
- 2) Doing exercise
- 3) Going out with friends
- 4) Learning new languages
- 5)
- 6) Traveling

What values do you consider most important in life (love, friendship, honesty, justice, fidelity, strength, gratitude, etc.)? How do your actions align with these values?

Friendship. Today, it is very difficult to have a friend, someone who will love you and respect you throughout your life, someone who will give you the strength to move forward regardless of your past, regardless of everything that happened. Therefore, when you have a real friend, prove to him that you can and want to. But no matter what, be careful.

Describe one or two significant life events that helped you become what you are today.

I will not write about the thing that happened to me. But I will say that I did not know what life was. I learned that life is not a walk in the park. In life you will meet a lot of people, maybe even friends who will outsmart you. But those experiences help you become stronger. It takes a lot of time. Life has taught me to appreciate, respect, love, not give up and that no matter how hard it is, I am able to move on. That bad thing that happens is like a phase you have to go through to become what you need to be.

What three things would you like others to know about you?

- 1) I am a good person.
- 2) I love to help others.
- 3) I am persistent.

Meditate for 5 minutes, then, write down what you were thinking about.

I did not think about anything.

Write down any memory from life you would like to share with someone.

My memories are related to the period when I was in Germany with my father. At that time, I spent a lot of beautiful moments, met different people, tried new food, saw new cities, clubs, restaurants, hotels, schools and shopping malls. Of course, I also liked the mentality, because it is not like ours. They think differently and behave differently. My soul felt at ease. I hope to return to that place one day. There I felt like I was born again. I felt safe. This is the only beautiful memory and I want to share it with everyone.

Write 10 positive affirmations.

1. I am worth it.
2. I believe.
3. I listen.
4. I respect.
5. I have a positive influence.
6. I think.
7. I fantasize.
8. I am optimistic.
9. I learn from my mistakes.
10. I support myself.



What is your biggest dream in life?

My biggest dream is to go to Germany, be with my parents and finish school.

What can you do to make your dream come true?

I need to work hard enough for what I want.

Describe your alter-ego. What does your SUPERHERO version look like, how do you feel, how do you behave and what do you do?

My alter-ego is mature and strong. She helps me to cope with my depression. She will help me become my old self again.

Our self-confidence is most shaken when our thoughts are negative. What types of thoughts or thought patterns cause you to feel distracted, suspicious, and insecure?

Thoughts related to school, like when I have tests or homework. And when I know that I am going to do something good, I still feel insecure. I feel stressed when I hear some information I would not like to hear.

Who inspires you and why?

As a person, I am inspired by a wonderful lady that I will not name. She teaches me how to live in this world, gives me ideas and directions for the future. She inspires me to fight for myself and what I want, and to become a good person worth the effort.

Investing in yourself builds confidence and worth. What is the best investment you have ever made in yourself?

I try to look ahead and not look back on my past because I know I cannot change anything. Even though I went through something awful, I know I deserve better and it motivates me to move on.

What are the things that you need to STOP doing that are making you unhappy?

What makes me unhappy is thinking about the past. I keep thinking about it and what I could have done differently, and I know that I am not the only one who has gone through some difficult situations, even though, at that moment, it seems to me as if I am.

Today I would love to ...

...forget the past and not think about what was. Although I am grateful because some mistakes have taught me things, I still want to forget. I really want to be happy and put a smile back on my face because if anyone deserves it then it is me.



Merida Brave



What did you learn about yourself this week?

I learned a lot of things. First of all, I learned how to be myself. I realized that I am special. No matter what kind of day, week or year I have, I am optimistic. I realized that I radiate positive energy and spread kindness.

I am thankful...

- for being healthy.
- that I am surrounded by the people that I love.
- for myself.

Write about a time when you were really proud of yourself.

I was really proud of myself when I realized how much I was worth. In life we should always fight for ourselves, set aside time for ourselves and put ourselves first. We always need to go through life bravely and we need to understand and accept how much we are worth. I did that!

Describe one of the most challenging or difficult situations you found yourself in, and how did you overcome it?

One of the challenging situations I found myself in was when I was supposed to meet some new people. I was afraid to join a new crew. When I started high school, it was very difficult for me. I prepared for that moment for a long time. I knew I could not avoid it. So I decided to increase my self-confidence and I did! Every night I told myself I could do it. And if I can, so can you! Trust me, it is not that hard!

If you could turn back the clock, what would you do differently?

I have disappointed my parents a lot in the past and lost their trust. I was not aware of the consequences at the time. I would have acted differently today. The positive thing is that I learned from those mistakes and that I will not repeat them again. And from now on I no longer go back to the past, but live for today.

List / describe 5 simple pleasures that make you happy.

- 1) Food
- 2) Music
- 3) Family
- 4) Friends
- 5) Animals

What values do you consider most important in life (love, friendship, honesty, justice, fidelity, strength, gratitude, etc.)? How do your actions align with these values?

All values are important to me in life. I need to know how to appreciate every value. Not just me, but all of us. What matters to me is that I am always, no matter what, grateful for what I have. That I am grateful for strength, friendship, love, justice... Gratitude is something we should all have, because we do not know how it is for someone else.

Describe one or two significant life events that helped you become what you are today.

My two significant life events happened recently. One of them happened a couple of days ago, and the other one is happening now. These events helped me break free, open up, and

regain my self-confidence. Thanks to the people who created and organized these workshops, my mind cleared, I got rid of negative thoughts and I became so proud of myself.

What three things would you like others to know about you?

- 1) I am honest.
- 2) I am emotional.
- 3) I am trustworthy.

Meditate for 5 minutes, then, write down what you were thinking about.

I was thinking about school. It is very important to me to be successful. So I thought about whether I would get to organize and learn everything on time. But then I realized that I am able to do that and that I will do it. I believe in myself!

Write down any memory from life you would like to share with someone.

My fondest memory in life is the moment I got a sister. At first I was a little bit jealous, which is completely normal. However, I realized I had gotten a person for life. She is my biggest support in life. Although she can sometimes annoy me, I still love her the most in the world.

Write 10 positive affirmations.

1. I am worthy.
2. I am beautiful.
3. I am loved.
4. I am successful.
5. I am good.
6. I matter.
7. I deserve the best.
8. I am an optimist.
9. I am happy.
10. I am honest.



What is your biggest dream in life?

My biggest dream in life is to be a successful woman. I want to be a psychologist and help people. By doing so, I will make my parents proud and I will fulfill the promise I gave them.

What can you do to make your dream come true?

I need to study, not give up, fight, and most of all work on how to achieve it. I need to have hope and be motivated.

Describe your alter-ego. What does your SUPERHERO version look like, how do you feel, how do you behave and what do you do?

My SUPERHERO version is great! She can do anything. She makes me feel strong. Then I act like there is no one around me. I feel free. When I feel like that, I like to read. It is not important how many books, novels, poems I read, but how much I understand the words. I learn a lot by reading. It widens my vocabulary and I just follow my thoughts.

Our self-confidence is most shaken when our thoughts are blurred and overwhelmed. What types of thoughts or thought patterns cause you to feel distracted, suspicious, and insecure?

Most often these are thoughts like: "Will I succeed?", "I will not be able to do it.", "I do not know this.", "I am afraid."...

Who inspires you and why?

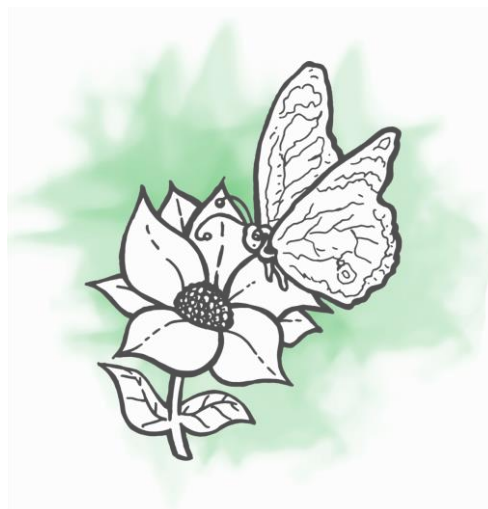
I am most inspired (after religion) by my MOTHER. A person who is by my side in every sense, anytime and anywhere. The person who, by just looking at me, gives me strenght. My mother inspires me! If I fall, she will be there to catch me. She is always there for me. That is why she is my biggest inspiration. I love you, mom!

Investing in yourself builds confidence and worth. What is the best investment you have ever made in yourself?

I have invested in myself by believing in myself. I made an effort to do a lot of things and I made it. I worked on myself, and I am able to see it.

What are the things that you need to STOP doing that are making you unhappy?**Today I would love to ...**

...spend time with my favourite people, eat my favourite cake and read a book.



Inspire Positive Change



SANCHILD
Guiding Positive Change



Rotary



WBAA
WESTERN BALKANS ALUMNI ASSOCIATION