

How to be more **AWESOME**

Published in September 2015, **How to be More Awesome** is a practical, user-friendly personal development journal and workbook for young people (aged 14 to 25). It was co-designed and co-created with students of the Liverpool Studio School, Northern Schools Trust and international participants on the World Merit leadership programme.

“A wonderful book and resource”

Sir Anthony Seldon, former Master of Wellington College, Vice Chancellor of Buckingham University and co-founder of Action for Happiness

How to be More Awesome can:

- ★ Build confidence and wellbeing
- ★ Develop strengths and ‘bounce-back ability’ (resilience)
- ★ Encourage young people to value and enjoy the people around them and their environment
- ★ Support people to think about and design the future they want

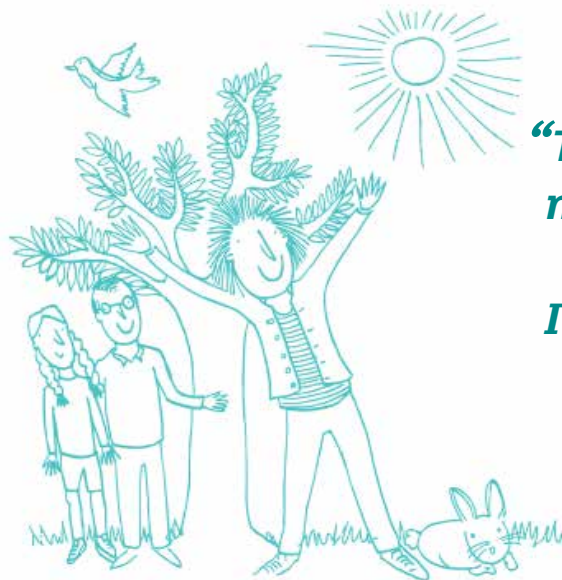
Positive Psychology research shows that encouraging positive emotions, wellbeing and gratitude promotes creativity, achievement and builds personal resilience – improving your ability to deal with difficult times. This journal draws from **Positive Psychology** and **Appreciative Inquiry** (AI), to offer a personal development tool that builds personal resilience, confidence and wellbeing. It supports positive reflection and awareness, helping young people identify and build on their strengths. The text includes material on resilience, mental toughness, appreciative living, the importance of gratitude, and the benefits of ‘reframing’.

Structure and content

How to be More Awesome is a 166-page A5 book, with illustrations, quotes and exercises. A

flexible resource that can be undertaken individually, as part of paired and small group work, the contents include:

- ★ Advice on journaling and its benefits helpful hints, useful information and two case studies
- ★ 20-day starter programme followed by a menu of exercises to pick from
- ★ Tasks and exercises to support the learning and have some fun
- ★ Guidance on exercises and tasks that can be used for external review
- ★ An appendix providing practical information underpinning the approach - on Positive Psychology, Appreciative Inquiry and further reading...



How is it being used?

In the 12 months since its publication, **How to be More Awesome** has been sold in 18 countries. Users include UK schools, international schools, churches and housing associations. Participants include young people, adults and professionals. It has been used as a curriculum for youth groups, as part of coaching programmes, as a personal development tool and a reflective support in nursing training.

Support

The journal is supported by a moderated web site www.bemoreawesome.net. The site provides teacher/ facilitator guidance and the opportunity for journal users to upload images and reflections/resources.

There are online connections to TED talks and to Internet links referred to within the journal. Information can also be shared via Facebook (www.facebook.com/howtobemoreawesome) and Twitter.

“The Awesome journal helps to make me think and reflect about the good things in my day and friendships. It’s full of tasks and challenges that help me to face day to day life”

Studio School student

Contact tim@appreciatingpeople.co.uk for more information. Retail price is £14.99 – discounts are available for bulk orders. Training is available to help teachers and youth workers to use it.