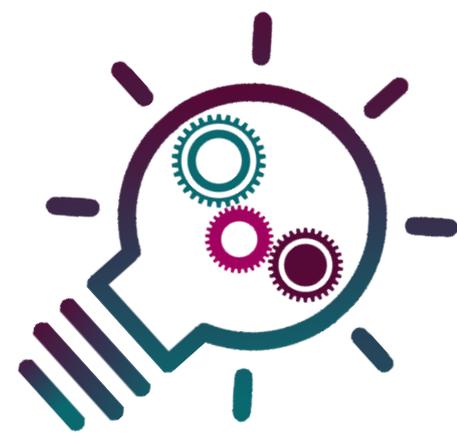


# PERSISTENCE

## ENERGY MAPPING

### WORK CONSISTENTLY AND THUS OBTAIN RESULTS



**The goal is** 1) to develop an understanding of persistence and resilience in entrepreneurship; 2) to increase participants' energy levels 3) to practice storytelling as an entrepreneurial skill.

Young entrepreneurs need to have personal persistence: it is impossible to achieve any business goal if an entrepreneur lacks energy! The activity therefore also tackles important issues for young entrepreneurs and their future development, including skills such as self-awareness, tracking energy levels and keeping them high; self-organization and planning, being persistent in attaining goals, and learning how to track progress.

**Advice:** This activity can be used both on site and online, if necessary due to Covid-19 or other restrictions. Participants may work individually or (preferably) in pairs.

#### Instructions:

- Read and explain the introductory note and form participants into pairs, with attention to diversity and bringing together those who do not usually interact with each other.
- **Individual activity.** Participants complete their initial energy map, based on the previous day (10 min);
- **In pairs.** The goal for each session is to write 200 words/30 seconds of video to contribute to the participants' final essays/digital stories. The partners in the pair take turns to work on their material, and the other partner is allowed to ask questions or make suggestions at any time.
- **The overall goal** for the activity is that, based on the map each participant writes an essay (1000 words max) or makes a digital story (5 minutes max) on the theme of "Into the Future: Finding the Energy to Persist with My Big Idea".

**Reflection in the learning community:** Start with brief feedback on the activity itself and how people enjoyed it. Then go on to discuss what happened, what people learnt.

Draw on these questions to promote the discussion:

1. What happened? Did you gain insights into your energy levels?
2. What did you learn? Did this activity encourage you to be an energetic entrepreneur?
3. Did the activity relate to persistence and resilience?



**Tips for facilitators**

To achieve the goal the activity ideally should be carried out as seven sessions over two to three weeks, including 30 mins for the introduction, five follow up sessions and a final debriefing of around an hour, or more depending on the number of participants.

The activity allows for up to 30 participants overall, although this will partly depend on the time available for the debriefing session.

Materials to prepare for the activity: notebooks & pens, or digital device (phone, tablet, laptop) with Internet connection if activity is conducted online.

Energy map worksheet per participant) – this can also be used digitally.

Energy map worksheet for participants										
For each of the days and each part of the day, rate your energy level R on a scale from 1-5, with a brief reason, for example "hate getting out of bed", "enjoy football training" etc										
	Early morning		Mid-morning		Midday/Lunchtime		Afternoon		Evening	
	R	reason	R	reason	R	reason	R	reason	R	reason
(date)										
date)										
date)										
date)										
date)										

(five days should be the minimum, but more can be added below)

