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Acquisition of Key Competences for Economic and Social Sustainability

Welcome to Your AXESS Workbook



axesslearning.eu



Tips to Get the Most Out of this Course

1. Print this workbook before the course so you can take notes as you progress. If you prefer a digital version, you can type directly into the document – only make sure you save it.
2. Go through the contents of this workbook before taking the course so you know what to expect – and plan the necessary time for completing the activities.
3. The main role of this workbook is to support you in implementing the best takeaways of the course into your real life. Please take your time to complete the activities keeping in mind that your main goal is to improve yourself and your life through applying what you've learned rather than mechanically memorizing another series of facts (we all know this doesn't work :)).
4. If you're taking the course by yourself, feel free to pause it whenever you feel necessary to complete the activities or even to study more in depth a specific topic that is of more interest to you. For this purpose you can make use of the external resources, but also do your own research if you need to.
5. Use the free space to take notes on any ideas that might arise during taking this course – even if they are not directly related to the activities – some of them might develop and be of high value to you later on. By the way, you can even draw if you like to.



What to Expect in Terms of Contents

Structure of the workbook

Module contents overview (see OER Platform)

Our Top 5 Takeaways (See OER Platform)

Reflection exercises:

Your Top 5 Takeaways

New Things You've Learned

Things that Changed Your State of Mind for the Better

Eliminating Limiting Beliefs

Your Action Plan



Your Top 5 Takeaways

You've seen ours, now what's yours?

My no. 1

My no. 2

My no. 3

My no. 4

My no. 5

Notes on My Top 5 Takeaways



New Things You've Learned

List here 3 things that you've first found out about while taking this course.

1.

2.

3.

Notes on New Things I've Learned



Things that Changed Your State of Mind for the Better

The reality around you is very much of a reflection of what you've held into your mind long enough to make it happen. In other words, you sort of create your own reality. One of the aims of this course is to put you into an empowering state of mind so you can change your life for the better.

Reflect and list here 3 things that put you into a good frame of mind when you came across them in this module. How did they make you feel? Why?

Here is an example:

When I read that **creativity can be learned** I felt **encouraged** because **now I know that, even if I have to put in some serious efforts, it is still accessible to me and it does not depend only on things that are not under my control.**

When I read

I felt

because



When I read

I felt

because

When I read

I felt

Because

Your Notes



Eliminating Limiting Beliefs

We get them during childhood or later in life. Most of them are not even yours, but unconsciously picked up from other people. They're mostly mixed with negative, disempowering feelings. They might have been true some time ago, but no are no longer in line with the current situation. Things like 'I can't do this, I'm not smart enough', 'it's too difficult', 'you need a degree to do this' They pop up when least wanted and keep you from taking the necessary steps to improve you career, start a business, take control of your life, be a better citizen, etc.

Here is an example

I used to think that **creativity is a thing that you've born with and therefore not accessible to me.** Now I know that this is not true because **studies show it can be learned & developed.**

1. I used to think that

Now I know it is not true because



2. I used to think that

Now I know it is not true because

3. I used to think that

Now I know it is not true because

Notes



Your Action Plan

Here comes the best part. As you have invested your time and energy into taking this course, let's make it worth. What are 3 things that you've learn about that you can apply into your real life, to make it better?

Set at least 3 goals. You'll also need to think about WHY and HOW you're going to put them in place. It is possible that, at this moment, you won't know the HOW, and that's ok. You might want to do some extra research. However, we strongly advise to know your WHY. This will keep you motivated to act towards your goals. And to be sure you've picked the right ones. Good luck!



Goal	Why?	How? (Actions I can take to make it happen)
My No. 1 Goal is		
My No. 2 Goal is		
My No. 3 Goal is		



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Your Notes

That's it!

We hope you enjoyed the course!