

J.O.Y

Journal of
YOUTH*th*

J.O.Y

Jurnal pentru

TINERI

Every action matters.

Sibiu 2023

Welcome, this is YOUR journal!

This is a journal of those who believe we all deserve respect and love regardless of gender, sex, race, ethnicity, place of origin, socio-economic status, or any other factors beyond our control.

My name is Joy and I want to invite you to a Truth or Dare game with yourself. I promise I won't look, I won't read what you write, I'm just here to guide you and present you the rules of this very serious game.

This journal is meant to bring you closer to yourself, to your thoughts, but also to your more hidden desires and dreams.

Handwriting is like a fingerprint, a unique trace. Each handwriting is personal and reflects much of the person to whom it belongs. You show yourself when you use pencil and paper. We live in an era where everything happens very quickly, everything seems to be replicable, the uniqueness seems to be well hidden, but it is the one that brings us closer to our personal truth.

So, I challenge you to write about yourself, for yourself.

COMMITMENT

In life, as in any process, we can choose to walk through carelessly, without presence and awareness, or we can choose to use our curiosity, discover ourselves and bring with us kindness, to ourselves and to others. If you're not ready to do that yet, you'd better stop here. I invite you to proceed if:

- You want to discover yourself
- You are willing to use your curiosity and courage
- You commit to take care of your truth and answer honestly
- You choose to use at least two magic spells: kindness and empathy

If you can make a commitment to these noble values, then we are happy to welcome you to the club of self-seekers. I invite you to copy and sign the statement below:

„I pledge loyalty to myself and my truth“

Officially this journal belongs to

About the owner of the journal

How in control of my life do I feel now?

1 2 3 4 5 6 7 8 9 10

What would it help to be 10?

My hidden talent

The perfect Saturday night

My dream job

The things I'm not good at, at all

The most precious thing I own

My best friend and a description of him/her

The person(s) who inspire me and how

Important people in my life and why?

The band I would like to see in concert

The actor/actress I would go on a date with

The movie I could watch again and again

The series I recommend to everyone

The food I would never turn down

The day of the week that I would like to repeat

That influencer whose work I always follow

My superpower would be

My favorite memory

All time favorites

Song: _____

Artist: _____

Book: _____

Movie: _____

Place: _____

Professor: _____

Word: _____

Season: _____

Month: _____

Town: _____

The country: _____

Color: _____

Animal: _____

I, Joy, like to make lists. So I want to invite you to be honest with yourself and give yourself time to think and complete the lists below.

activities I like	activities that relax me	unhealthy habits that I want to give up

I like to think about all the things I would like to do without setting limits or asking myself how I could get there. I challenge you to try it yourself. Make a bucket list for each of the categories below.

professional	personal	crazy stuff

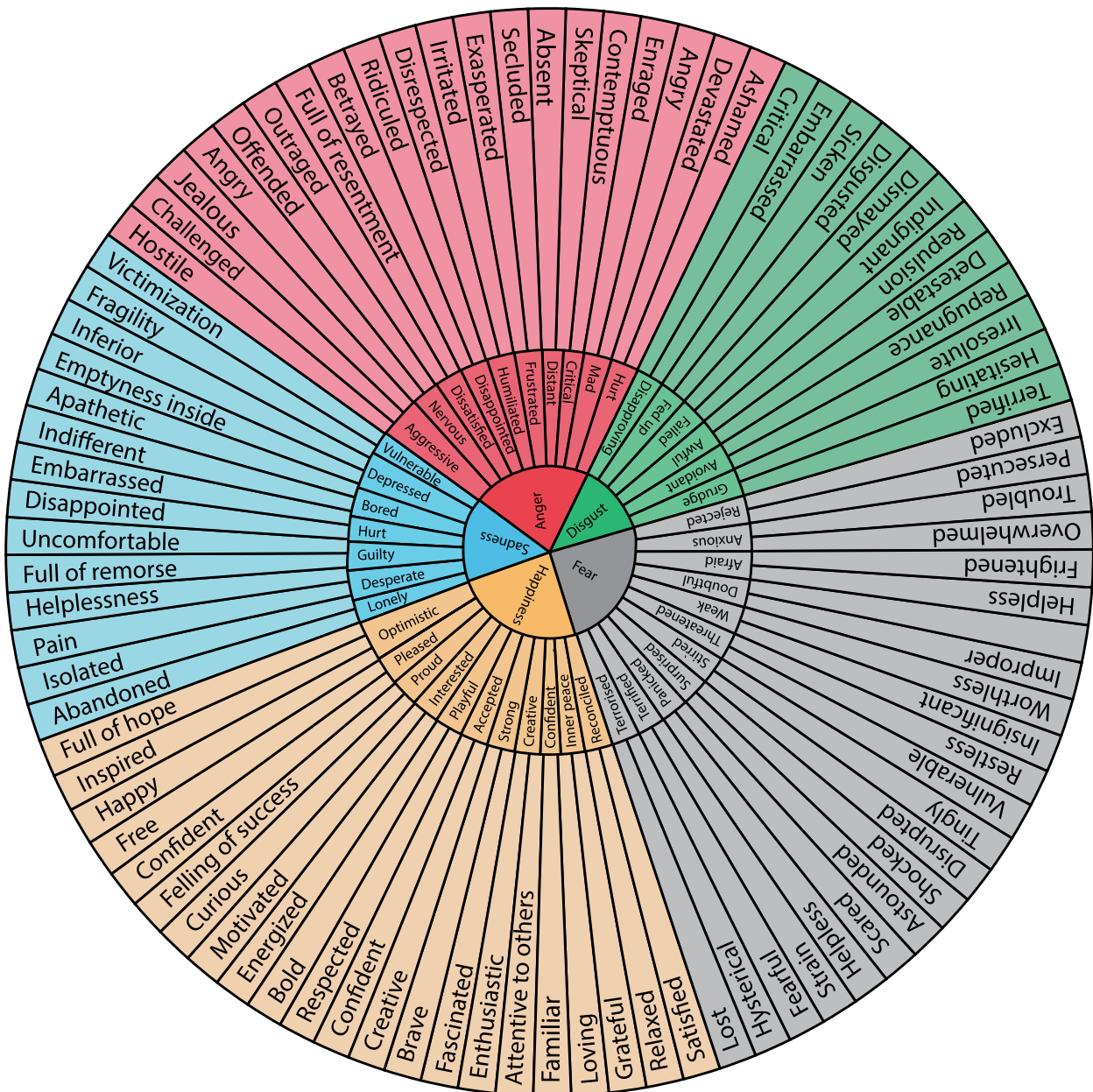
Do you know how many emotions we can feel? Did you know that we are capable of feeling several, seemingly contradictory emotions at once? For a long time, I felt strange and sometimes even guilty when I felt certain emotions. I had the impression that I must choose between them and that some were unsuitable. But you know what I found out? That it's okay for things to be that way, that there are no wrong emotions, just inappropriate expressions of them sometimes.

They are not good or bad emotions, but only emotions that I can sit with and not feel overwhelmed in such a way that I have reactions that would not be beneficial to me (adaptive emotions) and emotions that overwhelm me, that take control of my behavior and which I cannot manage (maladaptive emotions).

You may be thinking "yeah, but fear is bad. Or anger." None of them are "bad". Fear is an emotion that helps us realize there is danger. When we feel danger in anything (even when objectively speaking it is not, but to us it feels that way) then we call this maladaptive emotion. Otherwise, if you tried to imagine a world full of fearless people, what would you see? Besides chaos, of course. It might be worth taking a minute to think about it.

As for anger, you know what I found out? That it shows us what our limits are. And anger does not equal aggression or violence. Aggression is an inappropriate behavior to express anger, but it is not the only one. For example, I can consume or express my anger through art (drawing, writing, singing, etc.) or through physical exercises.

And, because they can feel like a rollercoaster, I've prepared a wheel of emotions for you to discover how many there are.



*Wouldn't it be cool to have a map of your emotions? I can guide you to create one too!
From the list of emotions, choose a few that you feel you experience most often and write
them below. Then associate each emotion with a color (or more) as you feel it.*

COLOR

EMOTION

_____	○
_____	○
_____	○
_____	○
_____	○
_____	○
_____	○
_____	○
_____	○
_____	○
_____	○

I have prepared a surprise for you! And, at the same time, a challenge.

We humans enjoy playfulness and creative expression. Art, in all its forms, helps us bring color into our lives. And how beautiful it is when we can use it as a tool for self-knowledge!

So I have chosen 12 mandalas for you, for 12 months. I challenge you that, at the end of each month, you take a moment to reflect on what were the most present emotions in that month, write them down, and then color the mandala with the colors of the emotions, according to your map

Go to page **24** and discover the mandalas we have prepared for you.

And on the back of each page with mandalas I invite you to celebrate your victories in the selected month.

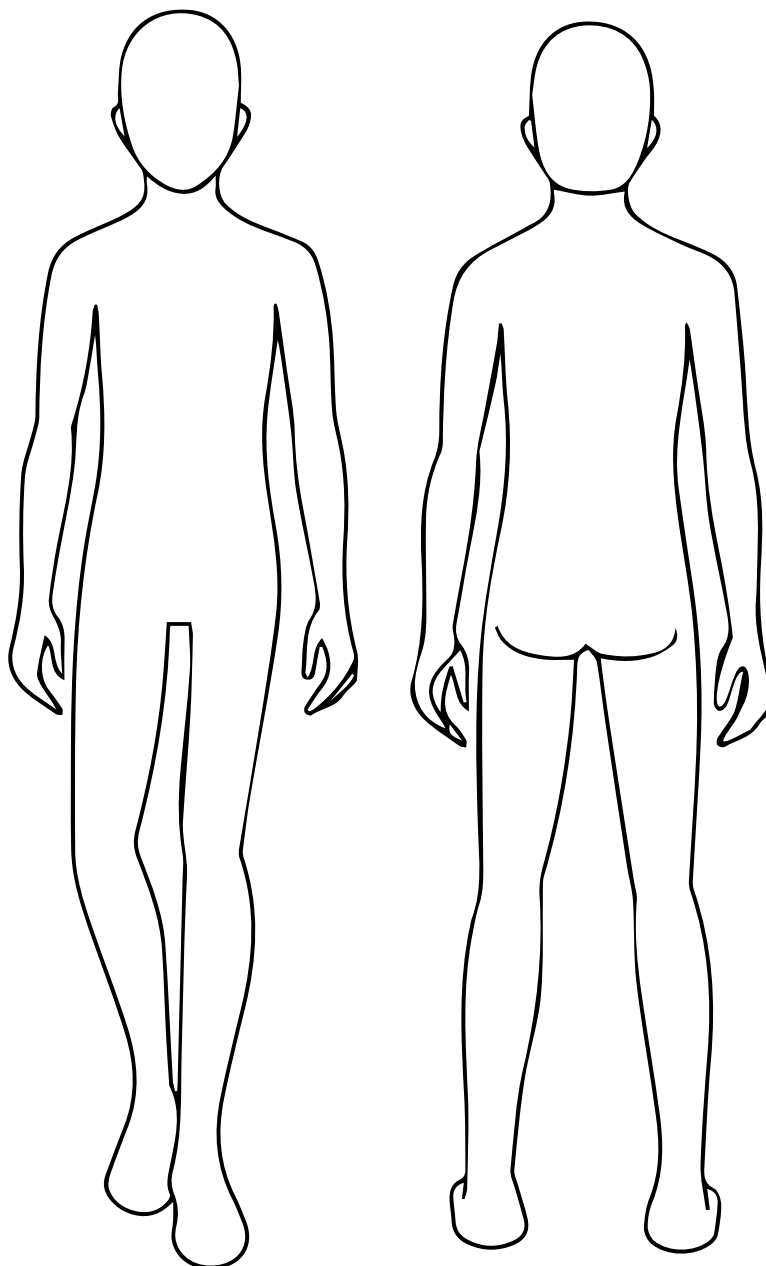
With love,

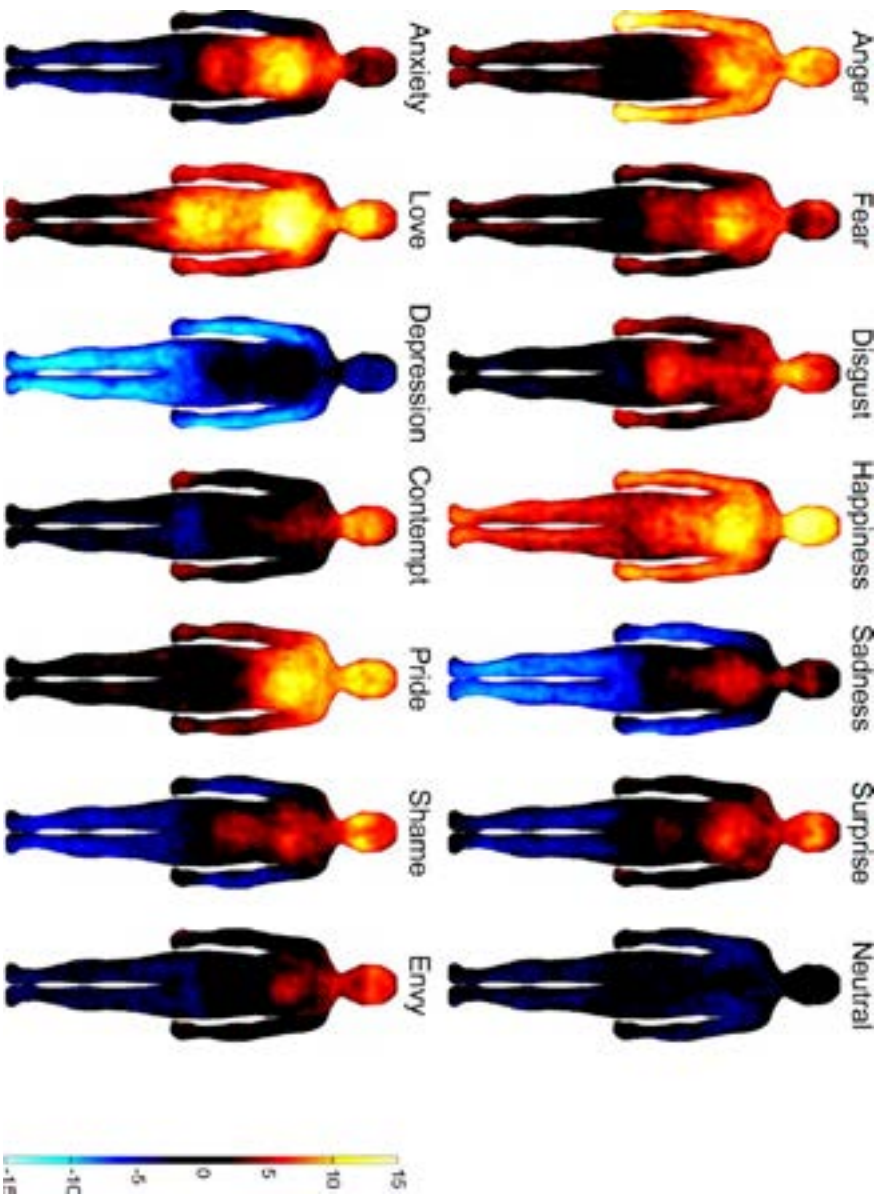
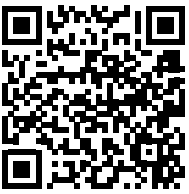
Joy

It's good to know history, it helps you not to repeat it. Or, in other words, it helps you change something that you think wasn't right. In addition to classical history, each of us also has personal history, which is useful to know. Let's take a look at the history of your emotions too. I invite you to think about the emotions you feel, but also in what moments they appeared.

emotion	when I felt it? (in what moment, what was happening)	Why did I feel it? (what I thought about those moments)	what can I do not to overwhelm me?

*All the space outside this border is your space. Although we have some things in common, each of us feels emotions in a unique way and for each of us emotions translate individually. Check with yourself where exactly you feel the emotions you chose and color the figure below (according to your legend).
Personalize your space! At the end you will get the map of your emotions.*

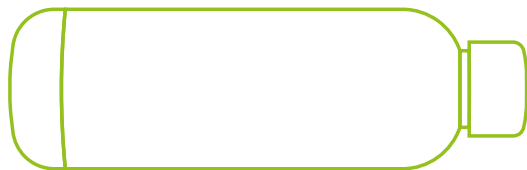
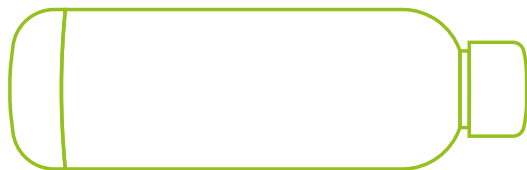
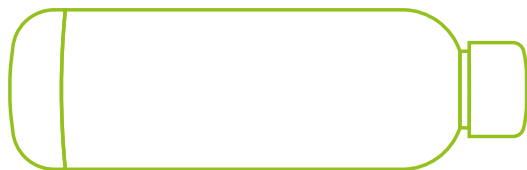
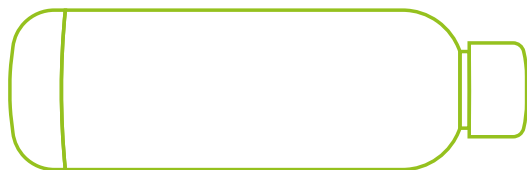
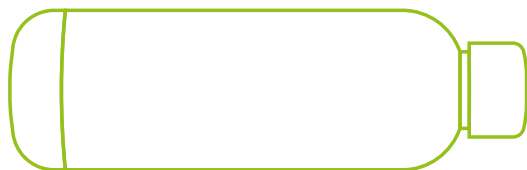




Imagine what it would be like to be able to make an elixir of the special moments in your life that you can bottle up and drink when you need to.

The ingredients are these: some time allocated to identify them, some words, images, collages or stickers to represent the moment and help you identify it, the date, the month or even the year. Now put them all together in one of the capsules below. That way you can always return to them.

Hugs, Joy!



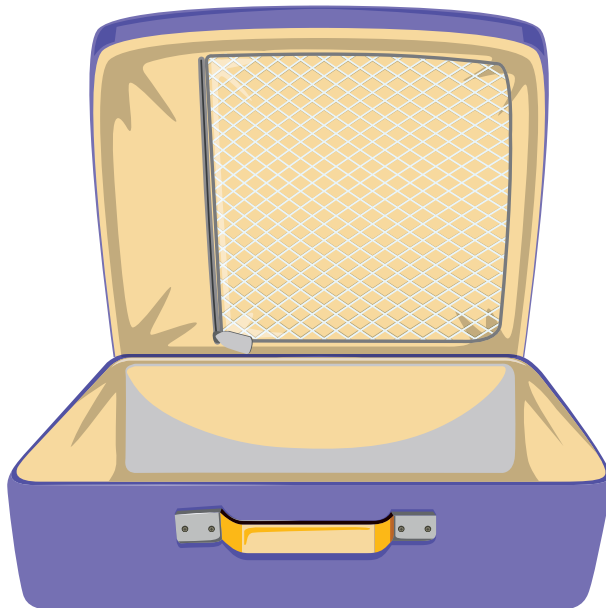
I want to introduce you to a magical tool that, once you discover it and realize you can take it with you everywhere, you may choose to use it in many situations. Did you know that each of us has a magnet inside us? Seriously. And with it we can attract emotions, feelings, experiences. What would you like to attract with it? What would you use it for? First, I invite you to visualize what you want to attract with it. Then write it down. Then try it.

Success, Joy!



I am sure that if we met, I would be very fond of you! I'd love to know as much about you as possible, but I promised not to look in this diary, so if we ever meet, you'll have the chance to choose what you want to share with me.

Until then, I challenge you to prepare your suitcase, to think from now on what you want to take with you on this journey called life. You can put all your qualities, skills, experiences, emotions that you want to take with you. I have prepared your suitcase, please place your things in the luggage carefully.



DATE

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The main emotions that I felt this month are:



DATE

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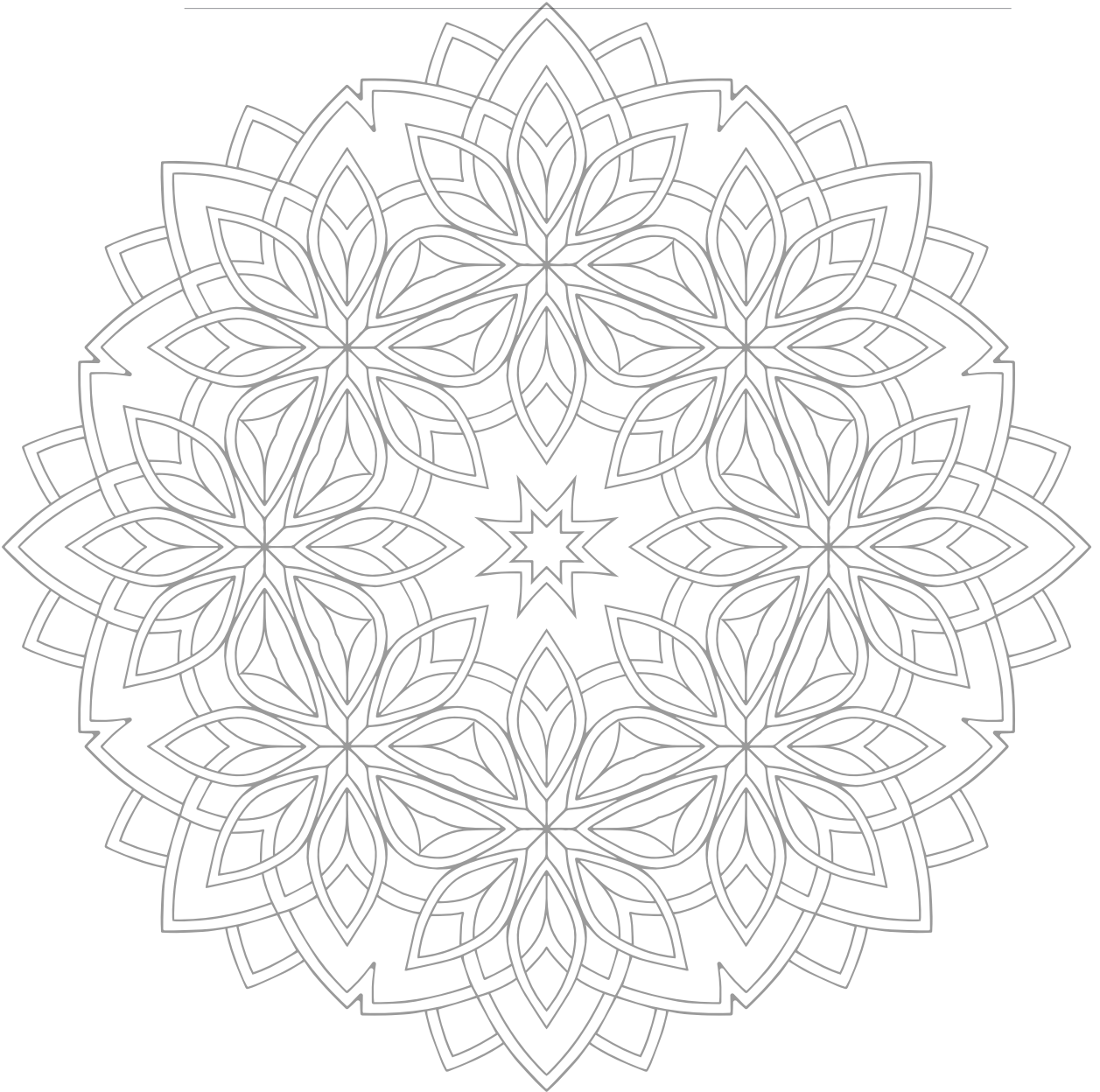
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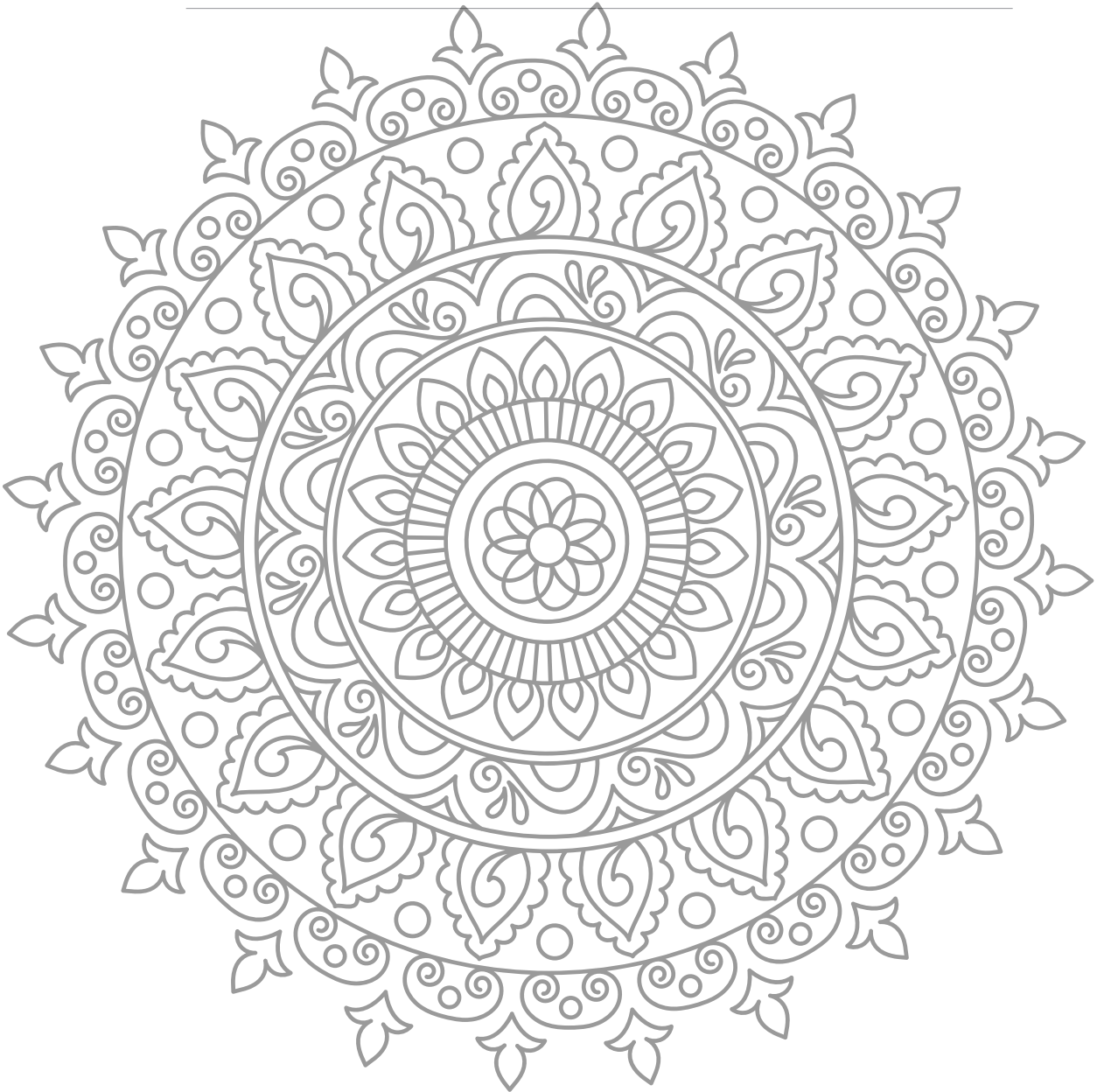
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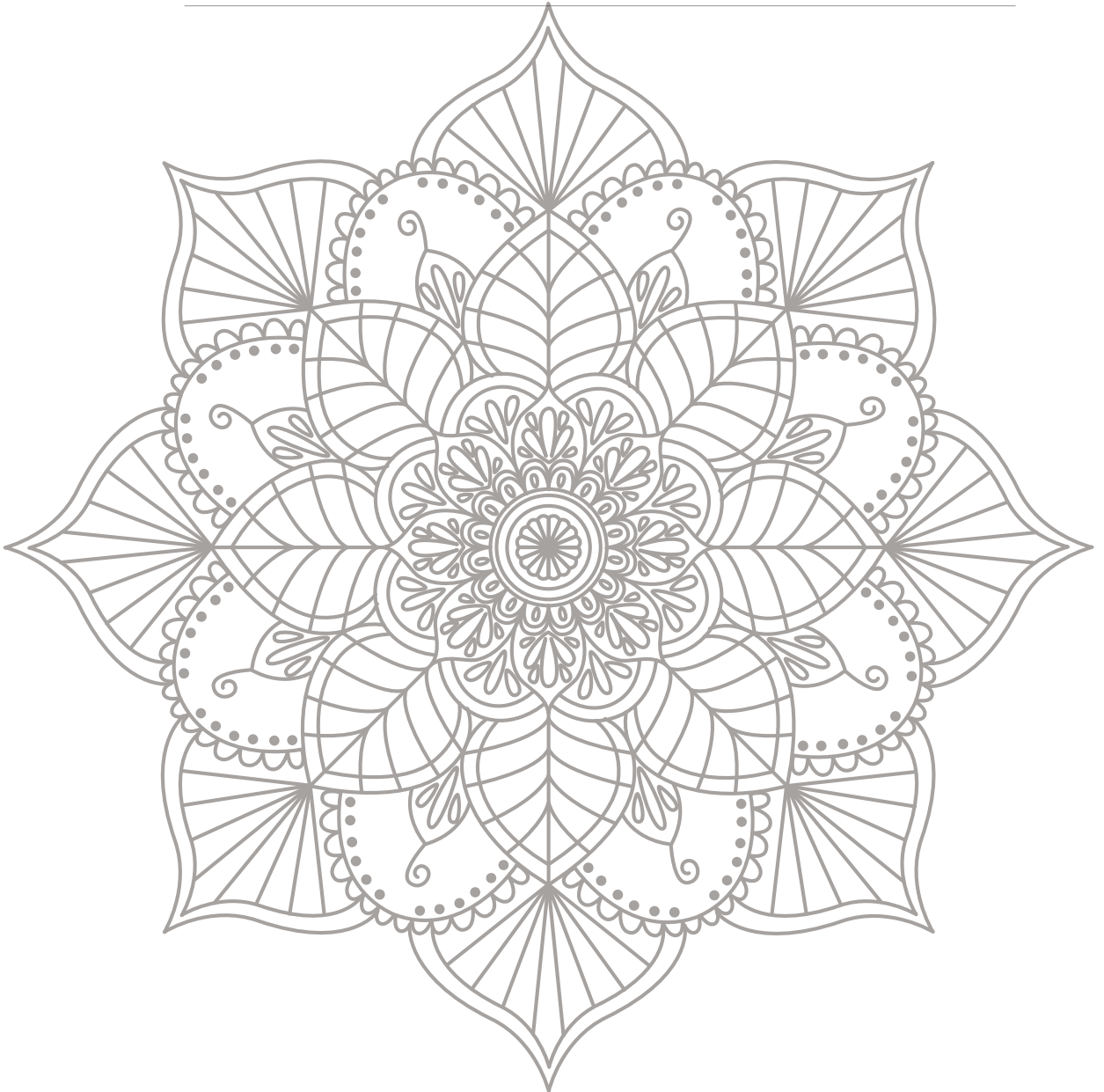
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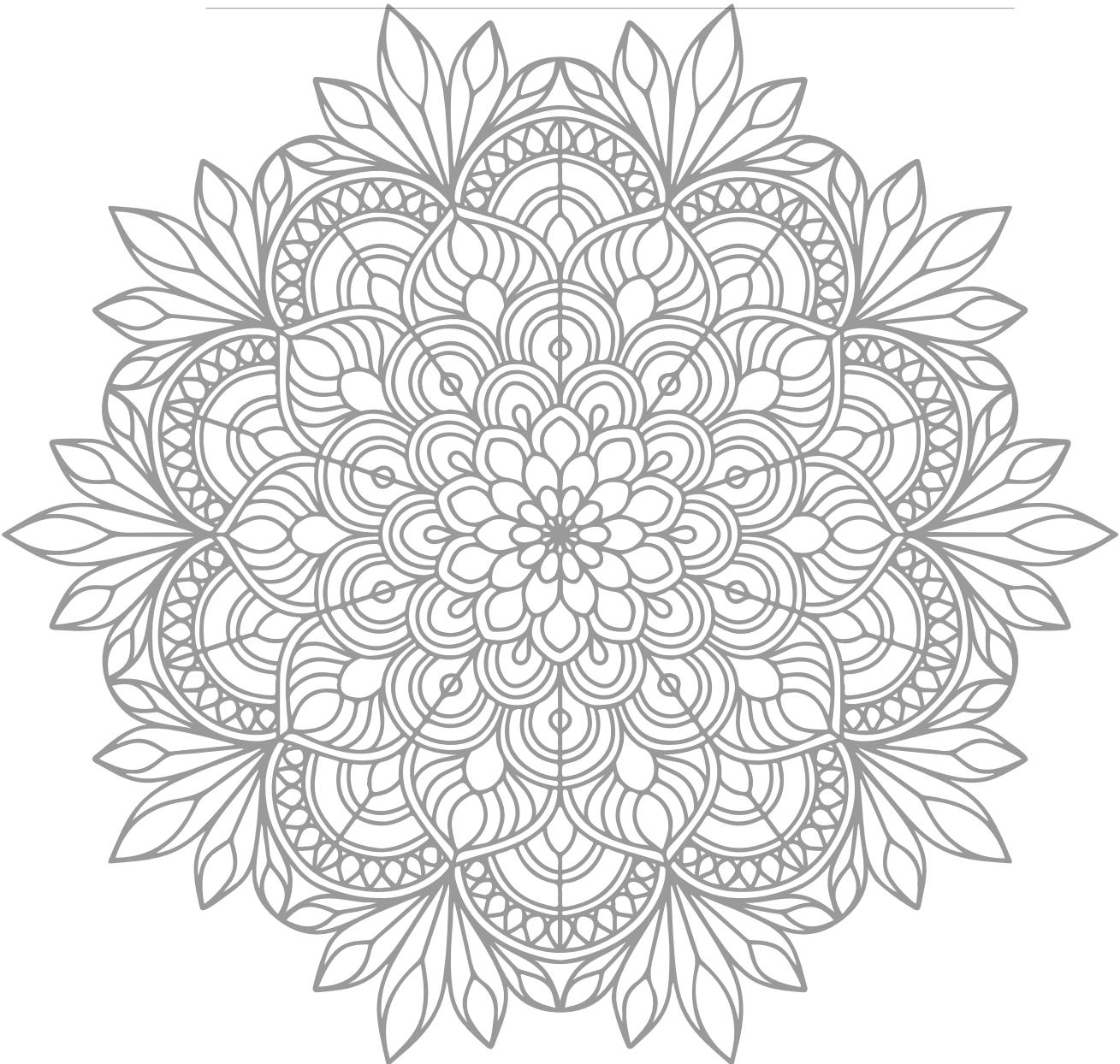
I like to celebrate big and small successes. I want to give you a medal for this month. And I would really like to choose its title together. I am proud of you for reaching this page. What are you proud of? It can be for courage, for an accomplished goal, for a characteristic of yours, etc. Write inside the medal.



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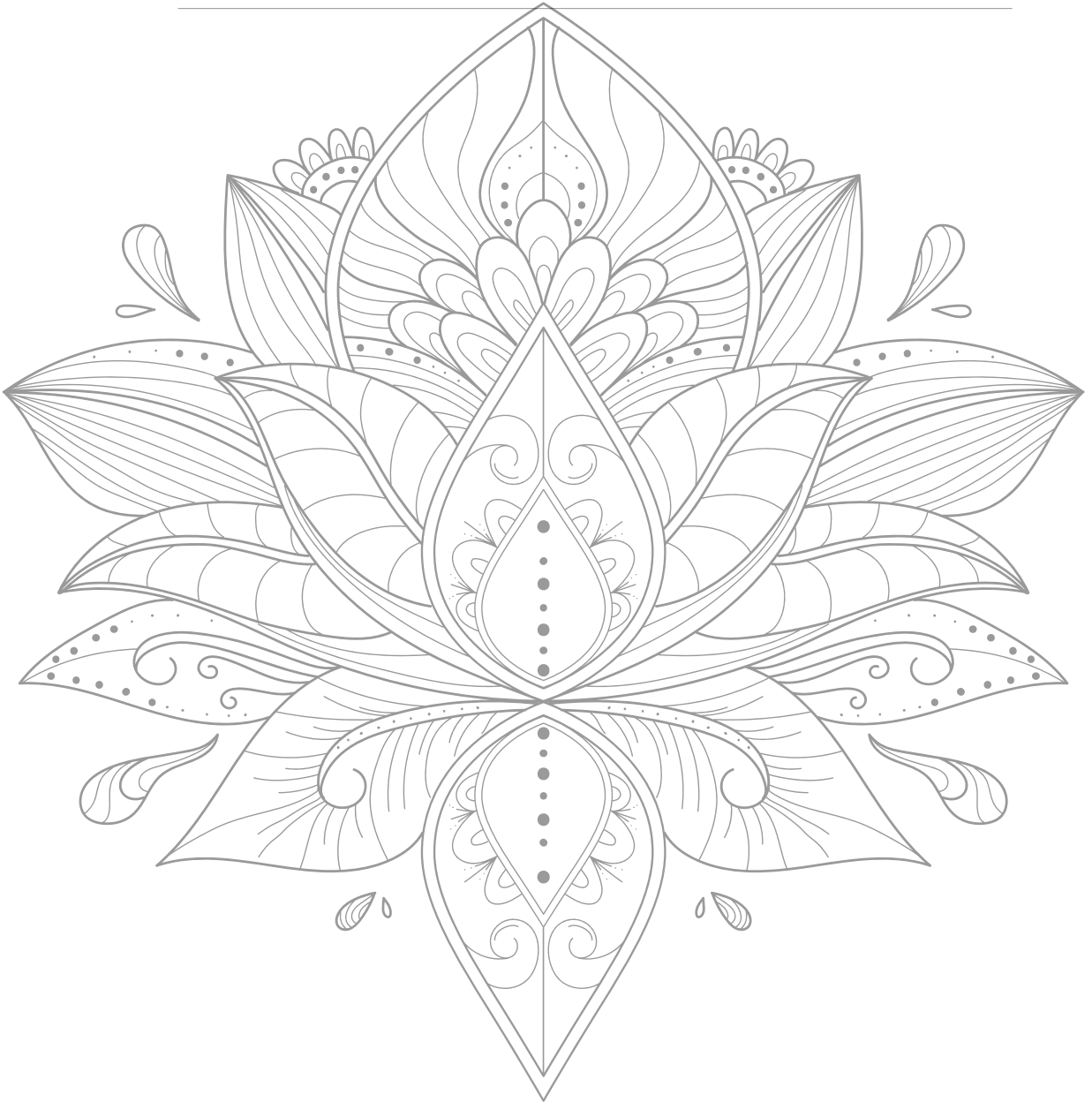
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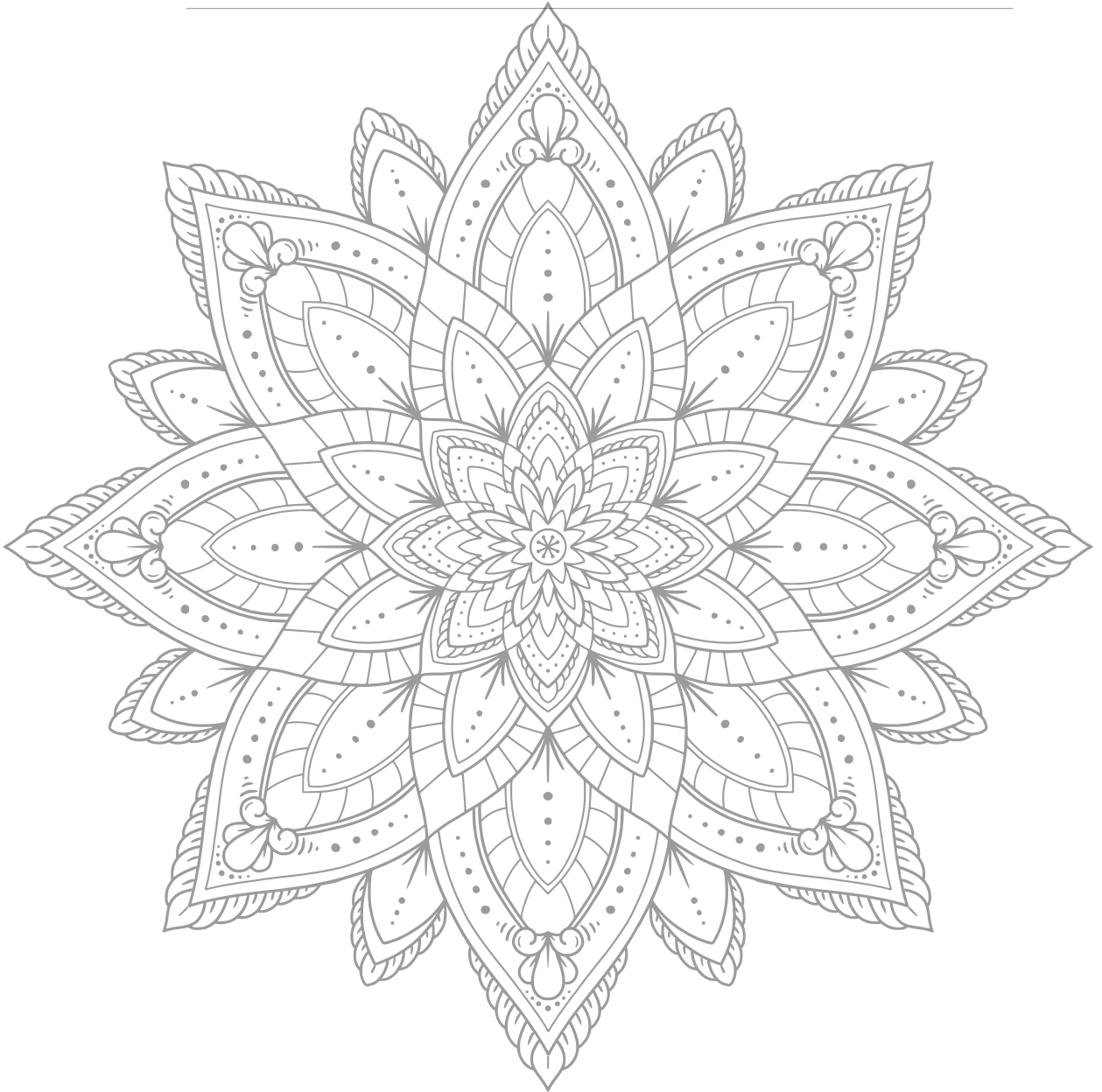
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The background is a solid green color with several dashed white circles of varying sizes scattered across it. The text is centered within one of these larger dashed circles.

**Activism
is also for
YOUTH**

Empowered

Women

Empower

Women

Girls Just
Wanna Have
FUNdamental
Rights

**RESPECT
HAS NO
GENDER**

DATE		

Today's personal empowerment level



DATE

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Today's personal empowerment level



DATE

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Today's personal empowerment level



**Feelings
have no
gender.**

DATE

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Today's personal empowerment level



DATE		

Today's personal empowerment level



DATE		

Today's personal empowerment level



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Today's personal empowerment level



DATE		

Today's personal empowerment level



It takes
everyday
people
to save
lives.

DATE		

Today's personal empowerment level



**I don't want
to make
somebody else.
I want to
make myself.**

Toni Morrison

Above all,
be the heroine
of your life,
not the victim.■

Nora Ephron

**Gender equality
can't just exist
outside ourselves -
it must exist within.**

We must take
responsibility
**not just for our actions,
but for ourselves.**

Scarlett Johansson

I do not wish
[women] to have
power over men;
**but over
themselves.**

Mary Wollstonecraft

**You are built
not to shrink
down to less,
but to blossom
into more.**

Oprah Winfrey

DATE

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Today's personal empowerment level



DATE

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Today's personal empowerment level



I don't want
to cover up anymore.

**not my soul,
not my face,
not my mind,
not my dreams,
not my thoughts,
not my struggles,
not my emotional growth.**

NOTHING.

Alicia Keys

DATE

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Today's personal empowerment level



DATE		

Today's personal empowerment level



DATE		

Today's personal empowerment level



DATE		

Today's personal empowerment level



**Being powerful
is so much more
interesting
than being
beautiful.**

Helen Mirren

DATE		

Today's personal empowerment level



DATE

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Today's personal empowerment level



DATE		

Today's personal empowerment level



**We need
to understand
that feminism
is not for women,
it's for humanity.**

Ani Difranco

DATE		

Today's personal empowerment level



DATE		

Today's personal empowerment level



DATE		

Today's personal empowerment level



DATE

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Today's personal empowerment level



DATE		

Today's personal empowerment level



I finally got my answer
to that question:

***Who do you
think you are?***

I am whoever
I say I am. ■

DATE

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Today's personal empowerment level



DATE		

Today's personal empowerment level



DATE		

Today's personal empowerment level



DATE		

Today's personal empowerment level



DATE		

Today's personal empowerment level



**It's about being
alive and feisty
and not sitting down
and shutting up
even though
people would
like you to.**

P!nk

DATE		

Today's personal empowerment level



DATE		

Today's personal empowerment level



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Today's personal empowerment level



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Today's personal empowerment level



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Today's personal empowerment level



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Today's personal empowerment level



All men
should be feminists.
**If men care about
women's rights
the world will be a
better place.**

John Legend

DATE

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Today's personal empowerment level



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Today's personal empowerment level



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Today's personal empowerment level



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Today's personal empowerment level



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Today's personal empowerment level



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Today's personal empowerment level



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Today's personal empowerment level



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Today's personal empowerment level



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Today's personal empowerment level



It is time that
we all see
gender as a spectrum
instead of two sets
of opposing ideals.

**We should stop
defining each other
by what we are not
and start defining
ourselves by
who we are.**

Emma Watson

DATE

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Today's personal empowerment level



DATE

DATE		

Today's personal empowerment level



DATE

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Today's personal empowerment level



**Feminism
is not just
the belief that men
and women are
equal.
It's the
knowledge that
when we are all
equal, all of us are
more free.**

Justin Trudeau

DATE

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Today's personal empowerment level



DATE

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Today's personal empowerment level



DATE		

Today's personal empowerment level



**People can
tell you to keep
your mouth shut,
but it doesn't stop
you from having
your own opinion.**

Anne Frank

DATE

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Today's personal empowerment level



For me, accompanying you on this journey has been like a wonderful and joyful rollercoaster. The next time you open this journal, I invite you to look at yourself with different eyes. I hope that you have awakened your curiosity about yourself, but also that you have activated your empathy for your own person.

And don't forget, you don't have to go through it all alone. Look for trustworthy people around you, turn to them, ask for help, talk.

A battle should not be faced alone.

With kindness, Joy.

P.S.: This journal was designed by my friends Iulia and Gabriela from the A.L.E.G. Association, with the financial support of their partner - IRC (International Rescue Committee). w

Resurse

atlasul emoțiilor

