



# What sustains me?

## Time

90 minutes

## Materials

Flipchart, markers

## Purpose

To identify sources of spiritual support, strengthen them, and find ways round blocks to sustained activism

**Preparation** Do the activity yourself first.

## Description

Explain the purpose of the activity.

Divide the group into pairs or 3s and explain the process:

- individually recall an experience,
- share with each other,
- decide now who shares first and next.

Check this is clear.

Invite everyone to get comfortable and relax. Take a little time for this.

Then invite everyone to:

*Think of a time when you've been really motivated, happy with what you're doing. Maybe it's with your group/ campaign or not.*

Gently guide the group into that memory. Invite them to recall

*what was going on, were there people around or not? What were the sights, smells, sounds, feelings, thoughts, outside, the weather...*

Check silently and visually that everyone is into their memory. Give them a little time to dwell in it.

Bring them gently back to now and invite them to

- Tell your story in your pairs/3s, 5 minutes each
- Identify common qualities - what made them such positive experiences?
- Invite them to write up their common qualities. Decide who will report back.

Go round each pair/group looking at their write-ups. If necessary ask clarifying questions to pull out more learning: 'why?', 'what does that mean?'





Now repeat the activity, this time about their negative experiences:

*Think of time you feel worn out, unmotivated*  
Guide them as before.

- Share their stories
- Identify common qualities - what made them such negative experiences?
- Write up the common negative qualities

## Debrief

Invite each pair/group to report back their positive + negative qualities

Compare all both sets of lists: what's that telling us?

How can we weaken the negatives and strengthen the positives? (list suggestions)

What can/will I do?

