Art4Wellbeing

Project nr. 2025-2-NL02-KA210-YOU-000368916

Session 6

Motivation: From Intention to Action

Turning a wish into one small step, through storytelling.

Art Form Used in This Session

Storytelling
(written and spoken)

Main Objective

- Turn a wish into one small, concrete first step
- Imagine a step as already taken, with an obstacle and a way through
- Hear your story retold and receive peer encouragement
- Leave with one step chosen and said aloud

Target Group

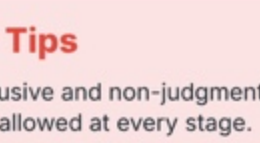
Young people (14–30)
Adaptable for diverse groups

Total Duration

90 minutes

Materials (overall)

- Visual / image cards
- A4 paper and pens
- Post-it notes (large and small)
- Tape or a free wall
- Board or flipchart
- Optional calm music. No handouts.

Time	Activity & Title	Purpose	Instructions (Key Steps)	Facilitator Prompts
10 min	6.1 **Walk and Switch** Warm-up 	• Wake up body and energy • Introduce the idea of moving towards something • Start lightly, no pressure to share	1. Walk freely and notice your pace and breath. 2. On "Switch", share an energy word with the nearest person. 3. Walk again, find a new partner and share a direction in a few words. 4. End in a circle with one breath together.	• "There is no right pace and no right answer." • "Right now my energy feels like..." • "A nod is always enough to pass."
15 min	6.2 **Pick a Direction** Visual Starting Point	• Start the story from an image, not a goal to justify • Choose a direction, big or very small • Share lightly in pairs	1. Spread image cards face up. 2. Choose one image that shows a direction you would like to move towards. 3. Find one detail that stands for "the way forward". 4. Share in pairs (about 4 min each) and keep the card.	• "Choose the image that pulls you, not the easiest to explain." • "I chose this because..." • "The direction in this image, for me, is..."
35 min	6.3 **A Week From Now** Main Story Activity 	• Experience a small step as already taken • Imagine an obstacle and a way through • Hear your story retold to make it feel real	1. Write for 12 min in the past tense: A Week From Now, The Small Step, The Obstacle, The Way Through, The Feeling. 2. In pairs, A tells the story (3–4 min). 3. B retells it in the third person (2–3 min). A names what to keep. 4. Switch roles.	• "Imagine it is a week from now, and you did take one small step." • "Once, one week from now, someone..." • "What is the smallest version you could do in five minutes?"
20 min	6.4 **The Cheering Wall** Supportive Sharing 	• Make each small step visible • Receive strength-based encouragement • Feel supported by the group	1. Write a story title and your small step on a Post-it; stick it on the wall. 2. Walk silently and leave short notes beside other people's steps. 3. Read the notes on your own step in silence. 4. Choose one note to keep.	• "Write what you notice or can imagine, not what the person should do." • "One strength that will carry this step is..." • "I can imagine you doing this because..."
10 min	6.5 **Session Evaluation & Closing** Reflection & Commitment 	• Turn the story into a spoken commitment • Check motivation and safety • Close in a positive way	1. In a circle, complete: "This week, my first step is... (when and where)." 2. Optional: show with your fingers, 1–10, how ready you feel. 3. Reflect: what stayed with you from the wall? 4. End with one small step forward together.	• "What was it like to hear your story retold?" • "Which part felt most real or doable?" • "You chose one small step and heard it spoken."

Facilitator Tips

- Create a safe, inclusive and non-judgmental space.
- Passing is always allowed at every stage.
- Do not interpret images or stories; meaning belongs to the participant.
- Keep steps small, chosen by the participant. No comparing.
- Fiction, invented characters and third person are valid.

Key Messages for Participants

- Small steps count.
- A story can be about someone else and still help you.
- Obstacles are part of the plan.
- Encouragement helps us keep going.
- We move forward together.

Follow-up (Optional)

- Invite participants to take their step this week and notice how it felt.
- Encourage them to keep the Post-it and the chosen note where they can see them.