



# AMINBEG

Working through a story is an exciting journey, though not always a straightforward one. In a fairy tale, balance is restored by the end, and the hero completes their journey by stepping into the next stage of self-development.

This is our task too: to interpret the twists and “codes” of the fairy tale in our own lives, and to discover the steps that will help us become better masters and mistresses of our own destiny.

This set of 21 illustrated cards is designed to guide you on your own self-discovery journey through the folk tale Aminbeg.

# YOUTHFOLKTALE.EU



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# Parents and Child

- HOW INDEPENDENT ARE YOU FROM YOUR PARENTS? HOW DO YOU FEEL ABOUT THAT? WOULD YOU LIKE TO CHANGE IT?
- WHAT ARE YOUR PARENTS' EXPECTATIONS OF YOU?
- HOW MUCH DO YOU FEEL YOUR OPINION MATTERS TO THEM? AND HOW MUCH DO THEIR OPINIONS MATTER TO YOU?





# The Gold from the Family

- WHAT KIND OF SUPPORT DID YOU RECEIVE? EMOTIONAL, FINANCIAL, RELATIONAL?
- WHAT KIND OF MENTALITY OR CULTURE DO YOU CARRY FROM HOME? HOW DOES IT HELP OR HINDER YOU?
- WHAT STRENGTHS AND RESOURCES HAVE YOU GAINED FROM YOUR BACKGROUND?





## Alone in a City

- HAVE YOU EVER MADE SIGNIFICANT, LIFE-IMPACTING DECISIONS? HOW DID YOU FEEL ABOUT THEM? WAS THE PROCESS HARD OR EASY?
- HOW DO YOU TYPICALLY ARRIVE AT A DECISION? DO YOU ANALYZE EXTENSIVELY, RELY ON YOUR INTUITION, OR USE A COMBINATION OF BOTH? REFLECT ON YOUR RECENT DECISIONS!
- WHAT HELPS YOU IN THE DECISION-MAKING PROCESS, AND WHAT CHALLENGES DO YOU FACE?



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## Learning from a Master

- WHO ARE THE IMPORTANT TEACHERS OR MENTORS IN YOUR LIFE (BOTH FROM SCHOOL AND OUTSIDE OF IT)? WHAT DO YOU WISH TO LEARN FROM THEM?
- WHAT CHARACTERISTICS OF YOUR FAVORITE MENTORS OR TEACHERS WOULD YOU LIKE TO EMULATE?
- WHICH OF THOSE QUALITIES DO YOU ALREADY POSSESS WITHIN YOURSELF?

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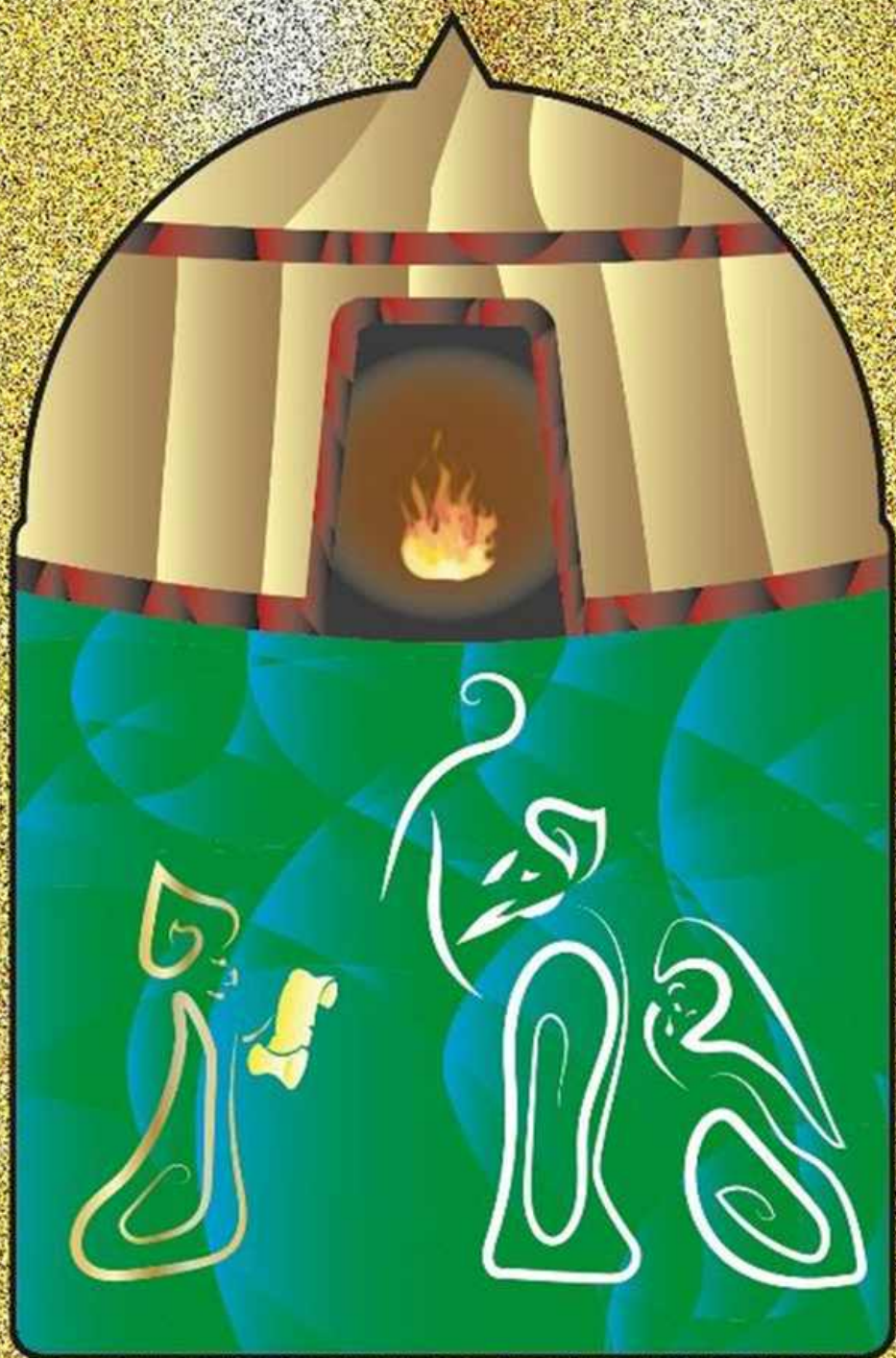




# The Skill of Reading and Writing

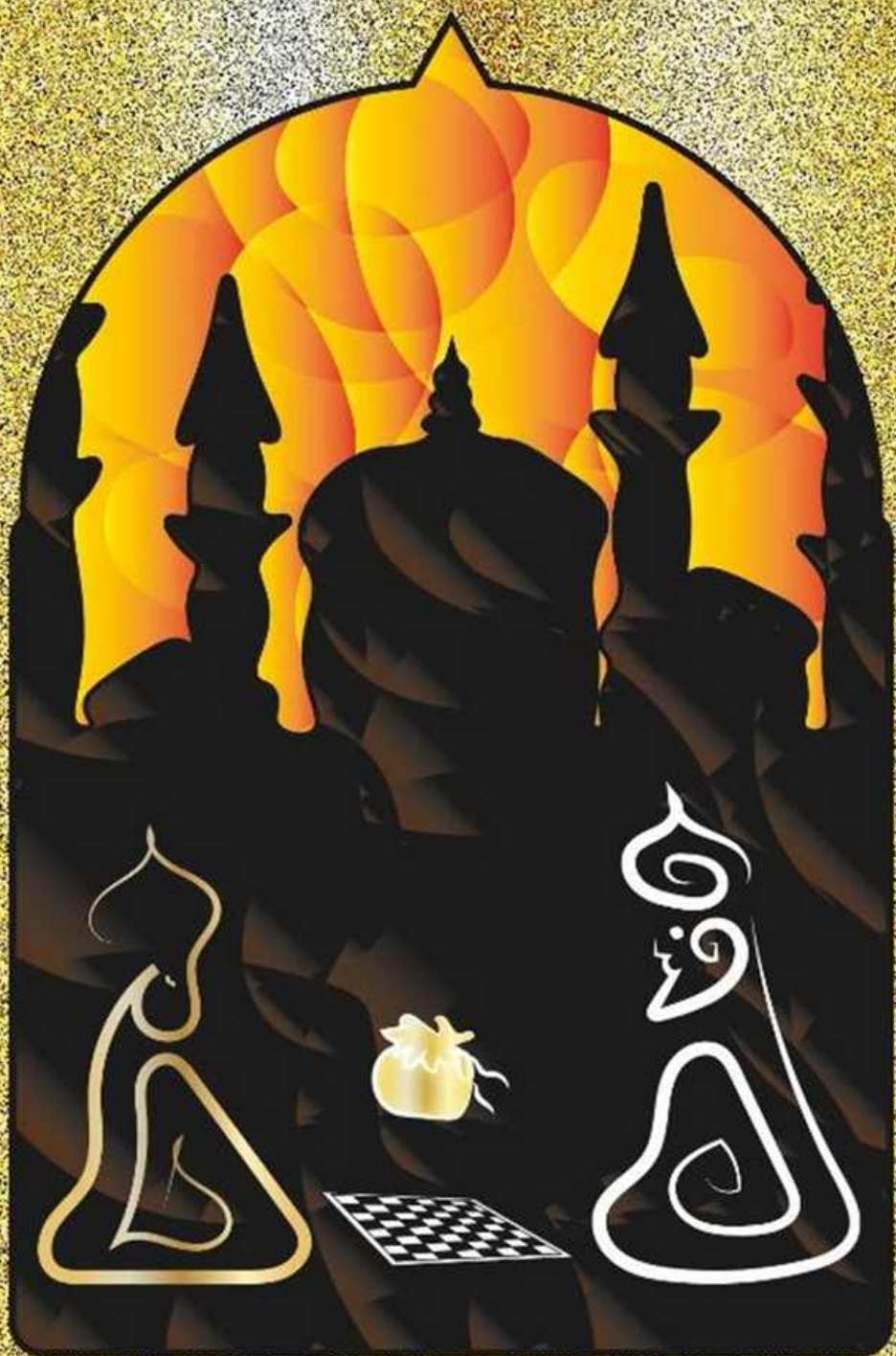
- WHAT ARE YOUR SOURCES OF INFORMATION? HOW CRITICAL ARE YOU OF THEM? DO YOU SEEK OUT ALTERNATIVE INFORMATION SOURCES?
- HAVE YOU EVER BEEN MISLED, LIED TO, OR FELT MANIPULATED? HOW DID YOU REACT, AND WHAT DID YOU LEARN FROM THE EXPERIENCE? HOW WILL YOU AVOID SIMILAR SITUATIONS IN THE FUTURE?





# Staying True to Yourself

- HAVE YOU EVER GONE AGAINST THE TIDE TO FOLLOW YOUR DREAMS? IF SO, HOW DID THOSE AROUND YOU REACT? HOW DID YOU RESPOND TO THEIR REACTIONS?
- HOW CLOSELY DO YOU ADHERE TO YOUR OWN VALUES AND GOALS? WHEN AND WHY DO YOU COMPROMISE? HOW MUCH DO YOU ALLOW OTHERS TO SHAPE YOUR VALUES AND GOALS?
- WHAT INNER METHODS HELP YOU STAY TRUE TO YOUR PATH (SUCH AS JOURNALING, SETTING WRITTEN GOALS, OR HAVING EVALUATIVE DISCUSSIONS WITH PEERS)?





# Understanding Dynamics

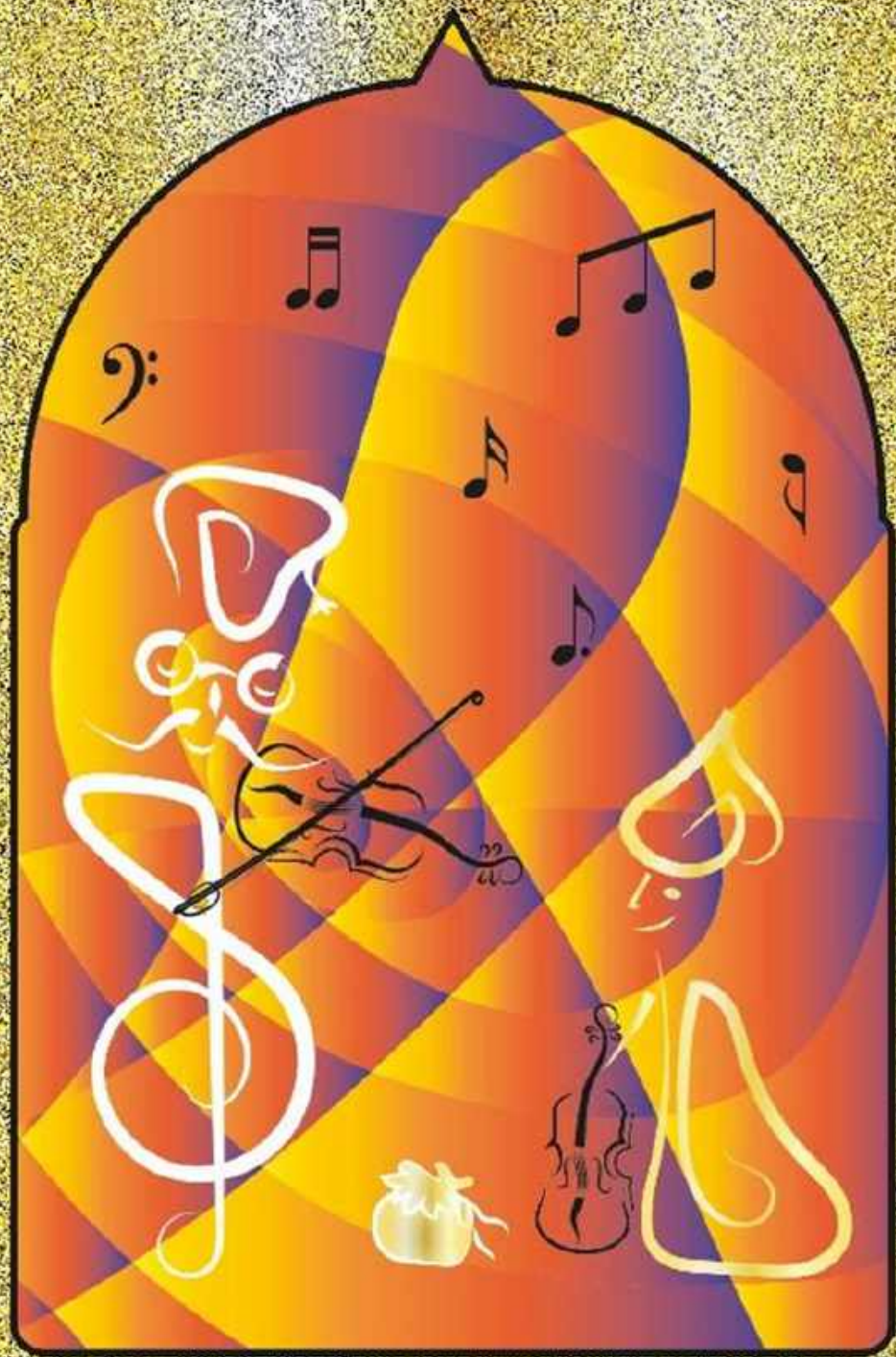
- WHEN WAS THE LAST TIME THINGS TURNED OUT VERY DIFFERENTLY THAN YOU EXPECTED OR PLANNED?
- WHY DO YOU THINK THAT HAPPENED? TO WHAT EXTENT DO YOU FEEL YOU HAD THE POWER TO CHANGE IT? IF SO, WHAT COULD YOU HAVE DONE DIFFERENTLY?
- HOW MUCH DO YOU PLAN YOUR LIFE AHEAD?





# Personal Strategy and Problem Solving

- WHAT ARE YOUR PERSONAL STRATEGIES FOR DEALING WITH CONFLICTS AND PROBLEMS? HOW DO YOU TYPICALLY REACT?
- HAVE YOU EVER PROCRASTINATED ON TAKING ACTION? IF SO, WHAT WERE THE REASONS BEHIND IT? WHAT FACTORS MAKE YOU UNEASY AND LEAD YOU TO AVOID PROBLEM-SOLVING?
- HOW DO YOU COPE WHEN SOMETHING IS OUT OF YOUR CONTROL? WHICH AREAS OF YOUR LIFE DO YOU FEEL ARE MOST BEYOND YOUR CONTROL? DO YOU HAVE ANY IDEAS FOR ADDRESSING THOSE SITUATIONS?





# Finding Your Own Joy

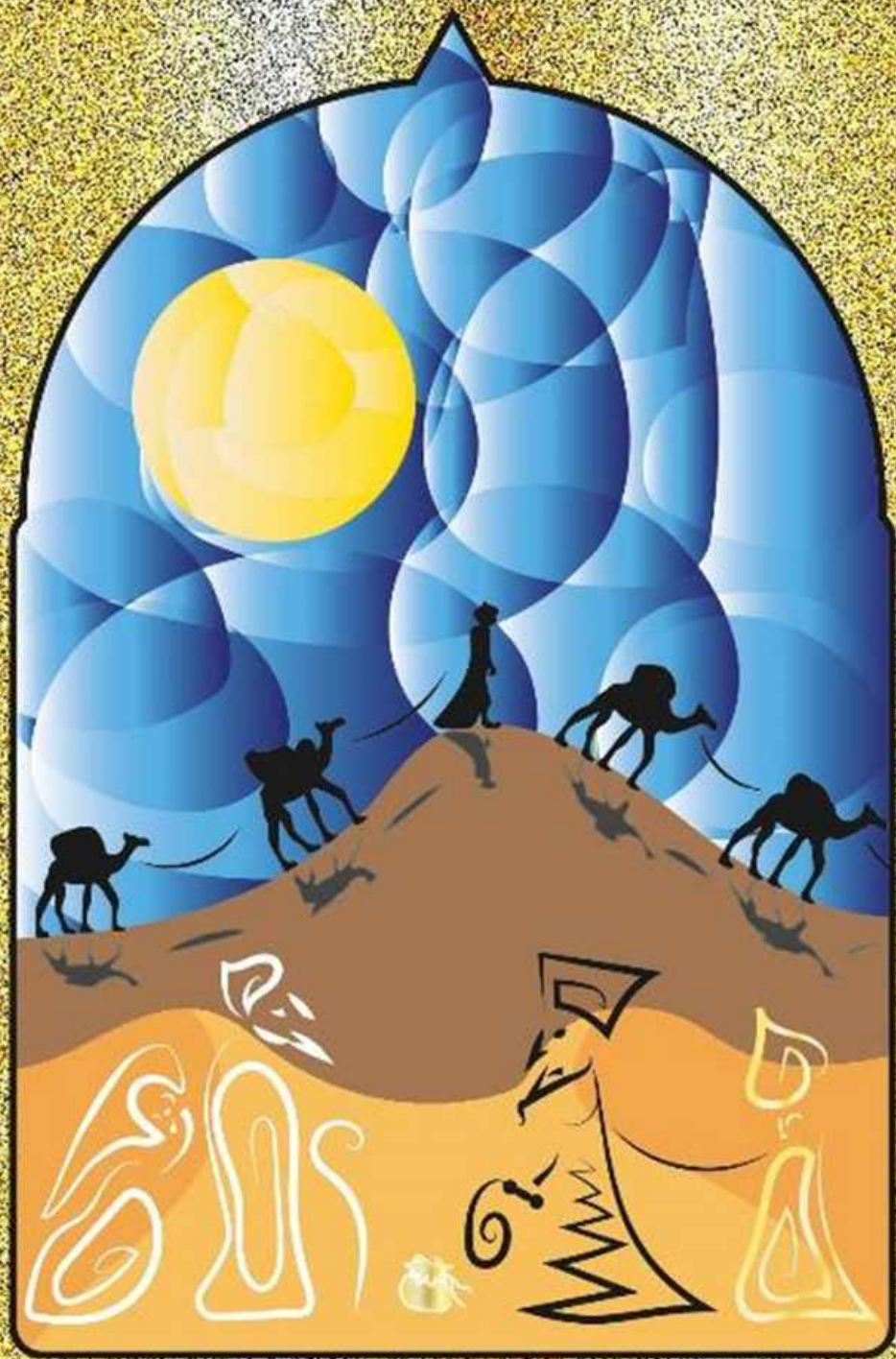
- WHAT ACTIVITIES BRING YOU JOY?  
WHAT MAKES YOU FEEL HAPPY AND  
CONTENT? WHAT ENERGIZES YOU?
- WHAT DO YOUR HOBBIES PROVIDE IN  
TERMS OF POSITIVE FEELINGS AND  
POTENTIALLY TRANSFERABLE  
KNOWLEDGE?





## Arts and Creativity

- WHAT AREAS OF THE ARTS INTEREST YOU (SUCH AS FINE ARTS, MUSIC, LITERATURE, DANCE, OR OTHERS)? ARE YOU ACTIVELY PARTICIPATING IN ANY ARTISTIC ACTIVITIES?
- WHAT DOES YOUR FAVORITE AREA OF THE ARTS PROVIDE FOR YOU?
- WHAT HAVE YOU CREATED IN YOUR LIFE SO FAR? WHAT ARE YOU PROUD OF?
- WHAT SKILLS DO YOU POSSESS THAT YOU CAN USE FOR CREATIVE PROJECTS? HOW CAN YOU UTILIZE THEM?

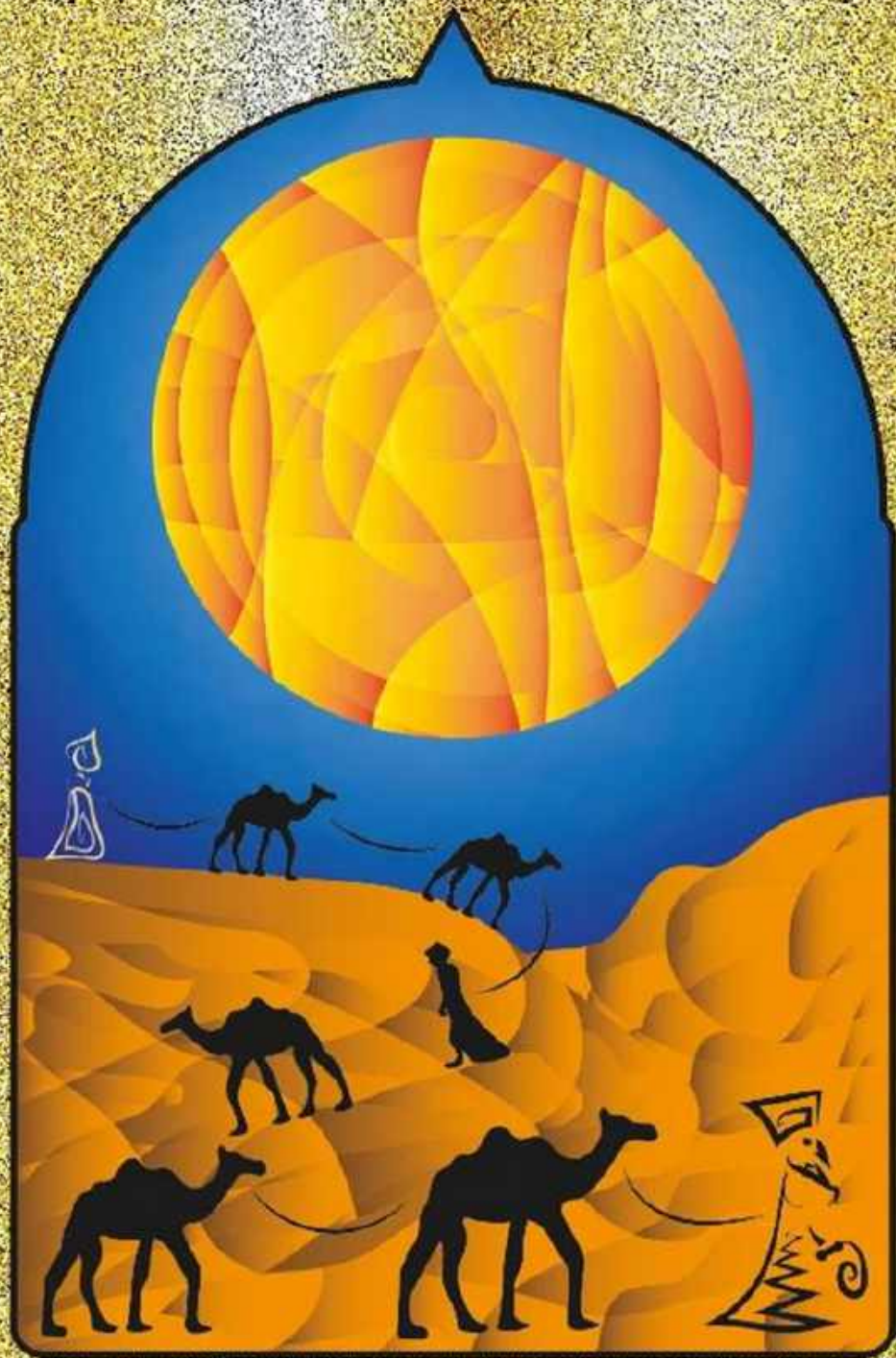




# Being Sold to the Caravan

- HOW DO YOU COPE WITH TASKS THAT YOU HAVE TO DO BUT DON'T ENJOY?
- WHAT DOES A CARAVAN (OR WORKPLACE) PROVIDE FOR YOU? WHY IS IT WORTHWHILE TO GO TO WORK?
- WHY DO PEOPLE STAY IN OR RETURN TO DIFFERENT WORKPLACES AND SITUATIONS WHERE THEY FEEL THEY ARE "SELLING" THEMSELVES? WHAT DO YOU THINK "SELLING" MEANS, AND WHAT WOULD BE THE OPPOSITE OF IT?





## The Caravan

- HOW DO YOU FEEL ABOUT WORKING IN A WORKPLACE? IF YOU HAVE EXPERIENCE, WHAT WERE THE PROS AND CONS OF THAT PARTICULAR JOB?
- WHAT SKILLS AND KNOWLEDGE DO YOU POSSESS THAT CAN BE OFFERED TO THE CARAVAN?
- WHAT HAVE YOU LEARNED FROM YOUR TIME IN A CARAVAN (PRESENT OR PAST UNWANTED JOB)?





## The Caravan Master

- WHAT ARE YOUR BIGGEST FEARS?
- WHAT INTERNAL CHALLENGES OR PROBLEMS PREVENT YOU FROM TAKING ACTION?
- HAVE YOU EVER FELT USED, MANIPULATED, OR LET DOWN? WHAT HAPPENED? WHAT WAS YOUR ROLE IN IT (SUCH AS BEING NAÏVE)? WHAT WILL YOU DO DIFFERENTLY NEXT TIME TO AVOID A SIMILAR SITUATION?

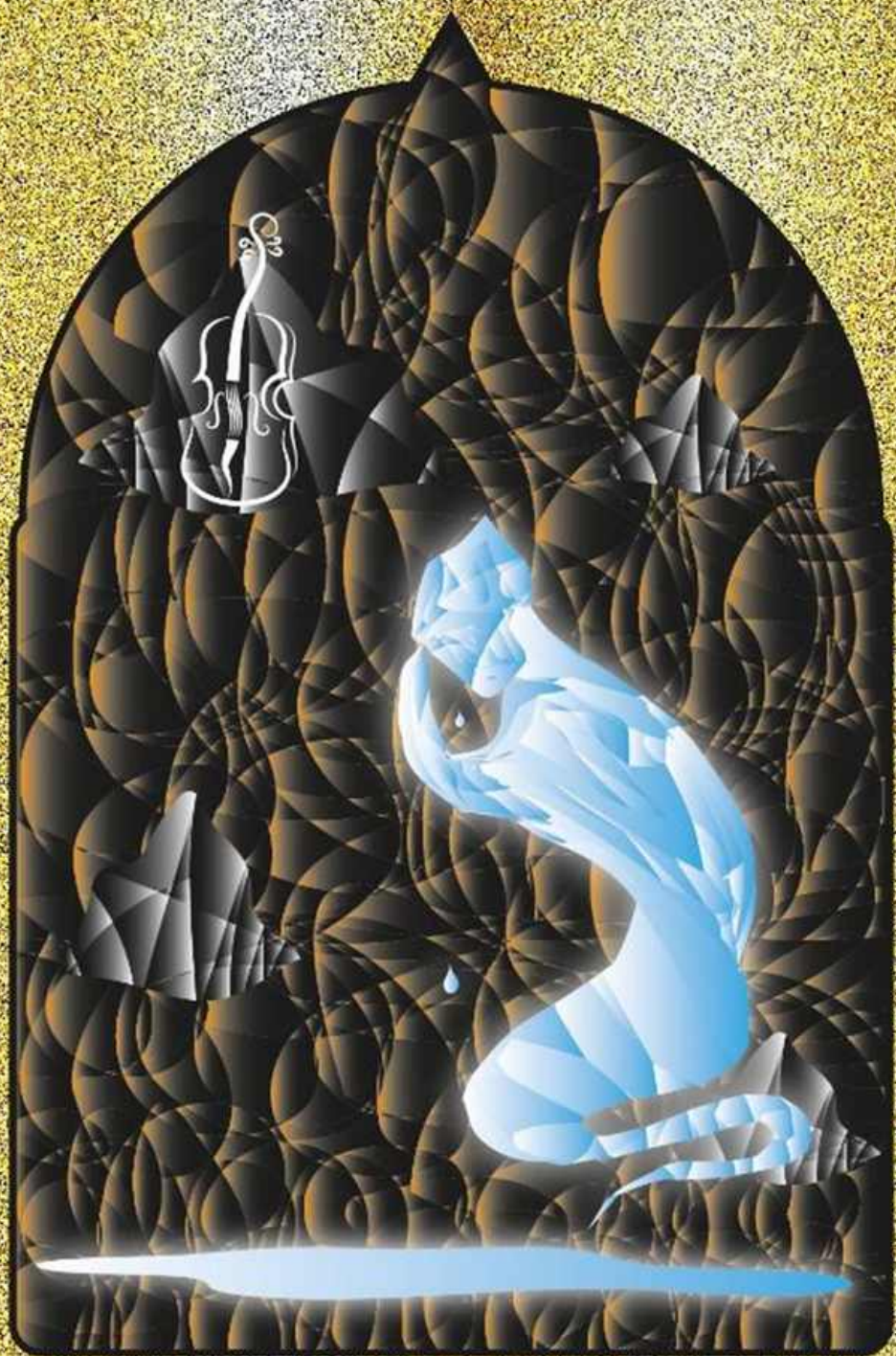




## Hitting Rock Bottom

- HAVE YOU EVER FELT LIKE YOU WERE AT THE BOTTOM OF A DARK WELL? HOW DID YOU END UP THERE? WHAT ACTIONS DID YOU TAKE, AND WHAT DID OTHERS DO? HOW DID PEOPLE HELP YOU WHEN YOU WERE AT ROCK BOTTOM?
- WHAT DID YOU LEARN FROM THAT EXPERIENCE?
- HAVE YOU EVER FELT USED OR MANIPULATED?
- HOW CAN YOU FIND A BALANCE BETWEEN BEING TOO TRUSTING AND BEING OVERLY CAUTIOUS WITH OTHERS?





# The Ghost of the Well

- WHAT HELPED YOU TO EMERGE FROM THE WELL WHEN/IF YOU FOUND YOURSELF THERE?
- WHAT INTERNAL RESOURCES CAN YOU BUILD UPON? WHAT EXTERNAL RESOURCES OR SOURCES OF SUPPORT CAN YOU TURN TO?
- WRITE A SELF-HELP GUIDE OR LETTER OF ADVICE FOR YOURSELF IN CASE YOU FIND YOURSELF FEELING DOWN.

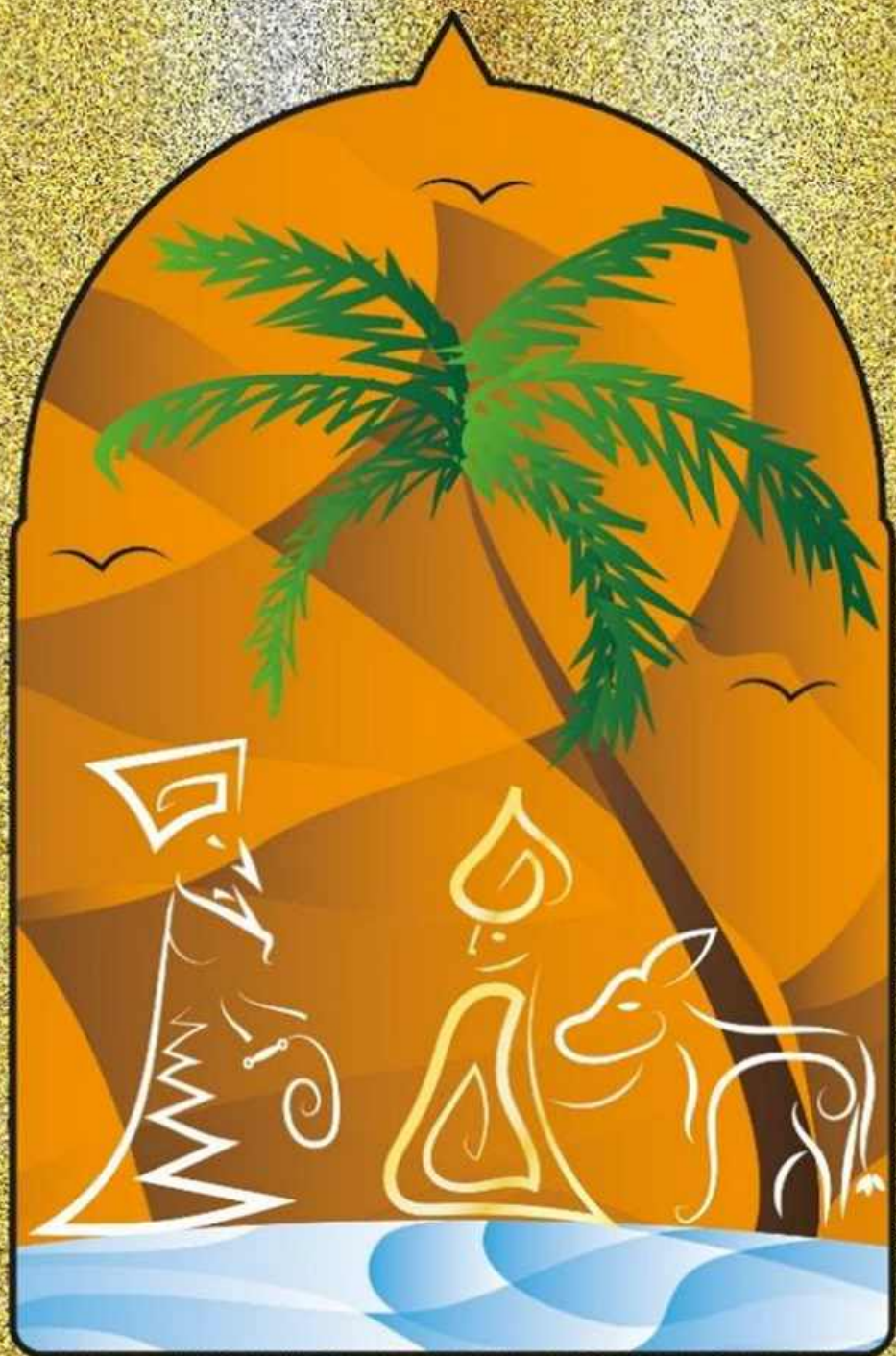




# Getting Tuned to Your Life

- FORMULATE A QUESTION ABOUT ANY ISSUE THAT IS VERY IMPORTANT TO YOU RIGHT NOW AND WRITE IT DOWN.
- CHOOSE AN ACTIVITY WHERE YOU CAN BE PHYSICALLY ACTIVE—THIS COULD BE SPORTS, ARTS, MUSIC, DANCE, OR A WALK IN NATURE (BUT NOT WATCHING A MOVIE OR READING). SPEND AT LEAST 45 MINUTES ENGAGED IN THAT ACTIVITY, AND TAKE MOMENTS TO REFLECT ON YOUR QUESTION DURING IT.
- AT THE END, REFLECT ON HOW YOU FELT DURING THE ACTIVITY. DID YOU GET CLOSER TO FINDING AN ANSWER?

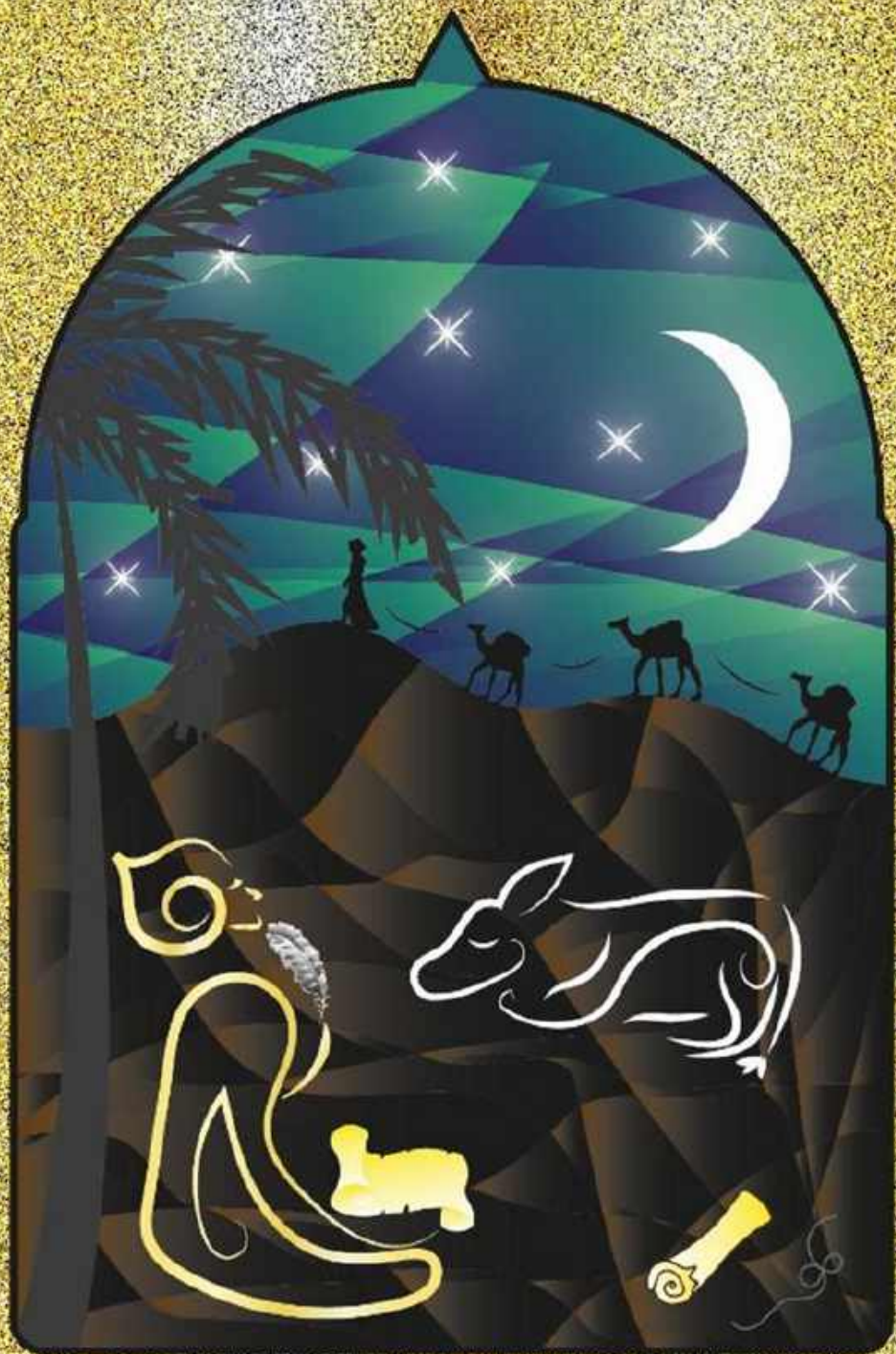




## Back to the Caravan

- HOW DO YOU HANDLE UNCOMFORTABLE SITUATIONS? REFLECT ON SPECIFIC INSTANCES FROM THE PAST WEEK—CONSIDER YOUR MOTIVATIONS AND REACTIONS.
- HOW MUCH DO OTHER PEOPLE'S OPINIONS MATTER TO YOU? WHY? WHAT DO YOU CONSIDER A GOOD BALANCE BETWEEN CARING AND NOT CARING ABOUT OTHERS' OPINIONS IN YOUR LIFE?
- IMAGINE FINDING YOURSELF IN A SIMILAR SITUATION AGAIN. ACKNOWLEDGE ANY NEGATIVE FEELINGS, KNOWING THAT THEY WILL PASS. REMEMBER, EVERYTHING EVENTUALLY PASSES.
- TAKE A DEEP BREATH, BLOW OUT, AND SHAKE OFF THOSE FEELINGS.





# Rewriting Your Fate

MAKE A LIST OF ALL THE INFLUENCES FROM YOUR CHILDHOOD THAT SHAPE THE WAY YOU ACT:

- PARENTAL, TEACHER, AND PEER EXPECTATIONS
  - TRADITIONS AND VALUES
  - SELF-EXPECTATIONS
- 
- WHICH OF THESE DO YOU WANT TO KEEP? WHICH ONES DO YOU WISH TO REWRITE? TAKE THE TIME TO REWRITE THEM!

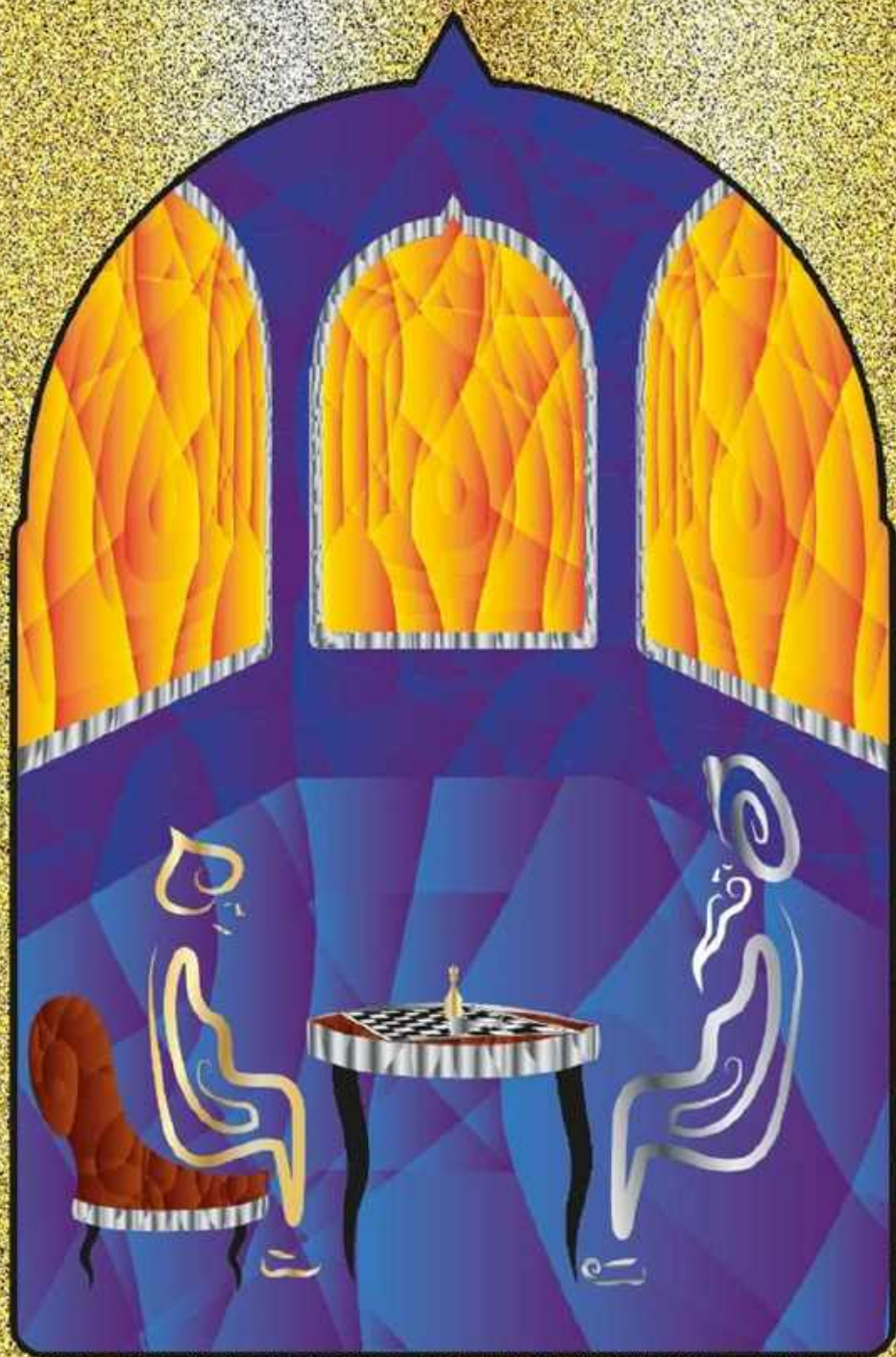




## Taking Care of Yourself

- **HOW DO YOU CARE FOR YOURSELF WHEN YOU NEED TO GATHER STRENGTH FOR A TASK? WHAT ACTIVITIES DO YOU ENJOY—WHAT DO YOU LIKE TO LISTEN TO, TASTE, SMELL, OR TOUCH?**
- **WHAT CAN YOU DO IF YOU HAVE 5 MINUTES, 1 HOUR, OR EVEN A DAY BEFORE TACKLING A BIG TASK? CREATE A SELF-CARE GUIDE FOR YOURSELF FOR DIFFERENT OCCASIONS!**





# The Mastergame

- WHAT ARE THE IMPORTANT MOMENTS IN LIFE THAT CAN BE LIFE-CHANGING? HAVE YOU EXPERIENCED ONE?
- HOW DID YOU PREPARE TO BE AT YOUR BEST DURING THAT MOMENT? WHAT WORKED, AND WHAT DIDN'T?
- HOW DO YOU HANDLE FAILURE? DO YOU LOSE YOUR COMPOSURE (LIKE THE PREVIOUS GAME PLAYERS IN THE CITY) AND RETREAT, OR DO YOU LEARN FROM YOUR MISTAKES AND TRY AGAIN?







# Becoming Your Own Ruler

- IDEALLY, WE ARE THE KINGS AND QUEENS OF OUR OWN LIVES.
- HOW DO YOU ENVISION YOURSELF AS THE RULER OF YOUR OWN KINGDOM? WHAT DO YOU LOOK LIKE, HOW DO YOU BEHAVE, AND WHAT ACTIONS DO YOU TAKE? TRY TO DESCRIBE IT IN AS MUCH DETAIL AS POSSIBLE!
- CREATE YOUR KINGDOM RULEBOOK BASED ON THE INSIGHTS FROM YOUR PREVIOUS REFLECTIONS—HOW WOULD YOU LIKE TO LIVE, REACT, AND SHAPE YOUR LIFE?