



Be A YES Challenge B1

I can say “yes” to myself and the world around me.

Entrepreneurial Culture



My Character Strengths

After students have assessed their unique personal abilities in a standardised test, they are introduced to 24 specific character strengths and complete various tasks in the “Be A YES Programme”: from the “What went well” activity to the “Be A YES diary”.

Character strengths survey

Youth Start Entrepreneurial Challenges Programme

based on the TRIO Model for Entrepreneurship Education – www.youthstart.eu

Core Entrepreneurial Education				Entrepreneurial Culture						Entrepreneurial Civic Education	
	Idea Challenge		Hero Challenge		Empathy Challenge		Storytelling Challenge		Buddy Challenge		My Community Challenge
	My Personal Challenge		Lemonade Stand Challenge		Perspectives Challenge		Trash Value Challenge		Open Door Challenge		Volunteer Challenge
	Real Market Challenge		Start Your Project Challenge		Extreme Challenge		Be A YES Challenge		Expert Challenge		Debate Challenge

The TRIO Model is a holistic definition of entrepreneurship that encompasses three areas:

Core Entrepreneurial Education comprises basic qualifications for entrepreneurial thinking and acting: developing and implementing original and innovative ideas in a creative and structured manner.

Entrepreneurial Culture refers to personal development: self-initiative, self-confidence, teamwork, empowering oneself and others.

Entrepreneurial Civic Education aims at enhancing social competences and empowering students in their role as citizens: assuming responsibility for oneself, others and the environment.

Each challenge belongs to a **challenge family** that has its own icon with a colour code that corresponds to one of the three TRIO areas. A challenge family comprises several challenges on different competence levels. The letter codes given in the teaching materials correspond to the following levels:

A1 – primary level; A2 – secondary level I; B1 and B2 – secondary level II; C1 – transition from secondary level II to tertiary level. Each level builds on the preceding level.



My character strengths

This task deals with the 24 character strengths, as defined in Positive Psychology. The test we use was developed by US psychologists Christopher Peterson and Martin Seligman. You can find the full version at www.authentichappiness.org (a website with 2 million registered users).

Step 1: Take the character strengths survey individually.

Step 2: Use the two assessment sheets to calculate your personal score for each character strength.

Step 3: Write down your scores on the “assessment sheet 2” in the column titled “score”.

Character strengths survey

This is a simplified and abridged version of the survey taken from: Martin Seligman: *Flourish. A Visionary New Understanding of Happiness and Well-being*. Published by Free Press, a Division of Simon & Schuster, Inc., New York, 2011.

Please read each statement carefully and decide how well it describes you.

- Mark **very much like me** if you fully agree with the statement, i.e. if the statement describes you very well.
- Mark **mostly like me** if you agree with the statement, i.e. if you feel the statement describes you.
- Mark **somewhat like me** if you somewhat agree with the statement, i.e. if the statement partly describes you.
- Mark **a little like me** if you agree very little with the statement, i.e. if you do not feel that the statement describes you.
- Mark **not like me at all** if you do not agree with the statement at all, i.e. if the statement does not describe you at all.



Character strengths survey

Important note: There are no right or wrong answers to this test!

	Statement	Very much like me	Mostly like me	Some-what like me	A little like me	Not like me at all
1	I am always curious about the world.					
2	I love to learn new things.					
3	When the topic calls for it, I can be a highly rational thinker.					
4	I pride myself on being original.					
5	I am easily bored.					
6	No matter what the situation, I am able to fit in.					
7	I am always able to look at things and see the big picture.					
8	I never hesitate to publicly express an unpopular opinion.					
9	I never go out of my way to learn new things.					
10	Most of my friends are more creative than I am.					
11	When I see that someone is being harassed I will not do anything about it.					
12	I am quick to judge.					
13	I always finish what I start.					
14	I am not very good at sensing what other people are feeling.					
15	I easily get side-tracked when I work.					
16	I always keep my promises.					
17	I like to help other people.					
18	I feel the presence of love in my life.					
19	I work at my very best when I am a group member.					
20	I treat all people equally regardless of who they might be.					
21	Others rarely come to me for advice.					
22	One of my strengths is helping a group of people work well together without bossing them around.					
23	I control my emotions.					
24	My friends never tell me I am down to earth.					

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Youth Start Entrepreneurial Challenges



	Statement	Very much like me	Mostly like me	Some-what like me	A little like me	Not like me at all
25	I am rarely as excited about the good fortune of others as I am about my own.					
26	I find it difficult to accept love from others.					
27	I find it difficult to hide my feelings.					
28	I find it difficult to treat someone fairly if I do not like him or her.					
29	I sometimes make bad choices when it comes to friendships and relationships.					
30	I often brag about my accomplishments.					
31	I avoid activities that are physically dangerous.					
32	I always express my thanks, even for little things.					
33	I find it difficult to sacrifice my self-interest for the benefit of the group I am in.					
34	I rarely take the time to think about what is good in my life.					
35	I rarely have a well thought-out plan about what I want to do.					
36	Receiving praise from others makes me uncomfortable.					
37	I do not know what life is about.					
38	When someone treats me badly, I seek revenge.					
39	I always look on the bright side.					
40	I am very playful.					
41	I am not good at planning group activities.					
42	I rarely say something funny.					
43	I have not created anything of beauty in the last year.					
44	My life has a strong purpose.					
45	I am always enthusiastic about what I do.					
46	I often do not care about what is happening.					
47	I always let bygones be bygones.					
48	I greatly appreciate outstanding performances, e.g. in music, arts, sports or science.					



Assessment sheet 1 for character strengths survey: score per question

	Statement	Very much like me	Mostly like me	Some-what like me	A little like me	Not like me at all
1	I am always curious about the world.	5	4	3	2	1
2	I love to learn new things.	5	4	3	2	1
3	When the topic calls for it, I can be a highly rational thinker.	5	4	3	2	1
4	I pride myself on being original.	5	4	3	2	1
5	I am easily bored.	1	2	3	4	5
6	No matter what the situation, I am able to fit in.	5	4	3	2	1
7	I am always able to look at things and see the big picture.	5	4	3	2	1
8	I never hesitate to publicly express an unpopular opinion.	5	4	3	2	1
9	I never go out of my way to learn new things.	1	2	3	4	5
10	Most of my friends are more creative than I am.	1	2	3	4	5
11	When I see that someone is being harassed I will not do anything about it.	1	2	3	4	5
12	I am quick to judge.	1	2	3	4	5
13	I always finish what I start.	5	4	3	2	1
14	I am not very good at sensing what other people are feeling.	1	2	3	4	5
15	I easily get side-tracked when I work.	1	2	3	4	5
16	I always keep my promises.	5	4	3	2	1
17	I like to help other people.	5	4	3	2	1
18	I feel the presence of love in my life.	5	4	3	2	1
19	I work at my very best when I am a group member.	5	4	3	2	1
20	I treat all people equally regardless of who they might be.	5	4	3	2	1
21	Others rarely come to me for advice.	1	2	3	4	5
22	One of my strengths is helping a group of people work well together without bossing them around.	5	4	3	2	1
23	I control my emotions.	5	4	3	2	1
24	My friends never tell me I am down to earth.	1	2	3	4	5

Be A YES Challenge B1

Youth Start Entrepreneurial Challenges



25	I am rarely as excited about the good fortune of others as I am about my own.	1	2	3	4	5
26	I find it difficult to accept love from others.	1	2	3	4	5
27	I find it difficult to hide my feelings.	1	2	3	4	5
28	I find it difficult to treat someone fairly if I do not like him or her.	1	2	3	4	5
29	I sometimes make bad choices when it comes to friendships and relationships.	1	2	3	4	5
30	I often brag about my accomplishments.	1	2	3	4	5
31	I avoid activities that are physically dangerous.	5	4	3	2	1
32	I always express my thanks, even for little things.	5	4	3	2	1
33	I find it difficult to sacrifice my self-interest for the benefit of the group I am in.	1	2	3	4	5
34	I rarely take the time to think about what is good in my life.	1	2	3	4	5
35	I rarely have a well thought-out plan about what I want to do.	1	2	3	4	5
36	Receiving praise from others makes me uncomfortable.	5	4	3	2	1
37	I do not know what life is about.	1	2	3	4	5
38	When someone treats me badly, I seek revenge.	1	2	3	4	5
39	I always look on the bright side.	5	4	3	2	1
40	I am very playful.	5	4	3	2	1
41	I am not good at planning group activities.	1	2	3	4	5
42	I rarely say something funny.	1	2	3	4	5
43	I have not created anything of beauty in the last year.	1	2	3	4	5
44	My life has a strong purpose.	5	4	3	2	1
45	I am always enthusiastic about what I do.	5	4	3	2	1
46	I often do not care about what is happening.	1	2	3	4	5
47	I always let bygones be bygones.	5	4	3	2	1
48	I greatly appreciate outstanding performances, e.g. in music, arts, sports or science.	5	4	3	2	1



Assessment sheet 2 for character strengths survey: score per character strength

Fill in the score you get when you add the scores of the two questions relevant to each character strength:

	Character strength	Description	Questions No.	score
1	Curiosity and Interest in the World	You are curious about everything. You are always asking questions, and you find all subjects and topics fascinating. You like exploration and discovery.	1 and 5	
2	Love of learning	You love learning new things, whether in a class or on your own. You have always loved school, reading, and museums – anywhere and everywhere there is an opportunity to learn.	2 and 9	
3	Critical Thinking and Objective Judgement	You think things through and examine them from all sides. You do not jump to conclusions, and you rely only on good evidence to make decisions. You are open-minded.	3 and 12	
4	Creativity, Originality and Ingenuity	You always think of new ways to do things, and you are never content with doing something the usual way if a better way is possible.	4 and 10	
5	Social intelligence	You are aware of the motives and feelings of other people. You know what to do to fit in to different social situations, and you know what to do to put others at ease.	6 and 14	
6	Perspective and Wisdom	Although you may not think of yourself as wise, your friends hold this view of you. They value your perspective on matters and turn to you for advice. You have a way of looking at the world that makes sense to others and to yourself.	7 and 21	
7	Bravery and Courage	You do not shrink from threat, challenge, difficulty, or pain. You speak up for what is right even if there is opposition. You act on what you believe.	8 and 11	
8	Industry and Perseverance	You work hard to finish what you start. No matter the project, you "get it out the door" in timely fashion. You do not get distracted when you work, and you take satisfaction in completing tasks.	13 and 15	
9	Honesty, Authenticity and Genuineness	You are an honest person, not only by speaking the truth but by living your life in a genuine and authentic way. You are down to earth and without pretense; you are a "real" person.	16 and 24	
10	Kindness and Generosity	You are kind and generous to others, and you are never too busy to do a favour.	17 and 25	

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Youth Start Entrepreneurial Challenges



11	Capacity to love and be loved	You value close relations with others, in particular those in which sharing and caring are reciprocated. The people to whom you feel most close are the same people who feel most close to you.	18 and 26	
12	Teamwork and Group Loyalty	You excel as a member of a group, and you are a loyal and dedicated teammate. You always do your share and work hard for the success of the group.	19 and 33	
13	Fairness and Justice	You treat all people fairly and equally and do not let personal feelings bias your decisions about others. You give everyone a chance.	20 and 28	
14	Leadership	You excel at the tasks of leadership: encouraging a group to get things done and preserving harmony within the group by making everyone feel included. You do a good job organizing activities and seeing that they happen.	22 and 41	
15	Self-control and Self-regulation	You self-consciously regulate what you feel and what you do. You are a disciplined person. You are in control of your appetites and your emotions, not vice versa.	23 and 27	
16	Caution, Carefulness and Discretion	You are careful, and your choices are consistently thoughtful ones. You do not say or do things that you might later regret.	29 and 31	
17	Modesty and Humility	You are modest and humble. You never brag or act special. You never call attention to yourself.	30 and 36	
18	Appreciation of beauty and Excellence	You notice and appreciate beauty, excellence, and/or skilled performance in all domains of life, from nature to art to mathematics to science to everyday experience.	43 and 48	
19	Gratitude	You are aware of the good things that happen to you, and you never take them for granted. Your friends and family members know that you are a grateful person because you always take the time to express your thanks.	32 and 34	
20	Hope and Optimism	You expect the best in the future, and you work to achieve it. You believe that the future is something that you can control.	35 and 39	
21	Spirituality and Faith	You have strong and coherent beliefs about the higher purpose and meaning of the universe. You know where you fit in the larger scheme. Your beliefs shape your actions and are a source of comfort to you.	37 and 44	
22	Forgiveness and Mercy	You forgive those who have done you wrong. You always give people a second chance. Your guiding principle is mercy and not revenge.	38 and 47	
23	Humour and Playfulness	You like to laugh and tease. You enjoy bringing smiles to other people no matter what the situation. You are able to see the light side of it. You are good at making jokes.	40 and 42	
24	Enthusiasm and Zest	Regardless of what you do, you approach it with excitement and energy. You never do anything halfway or halfheartedly. For you, life is an adventure.	45 and 46	