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# SOFT skills

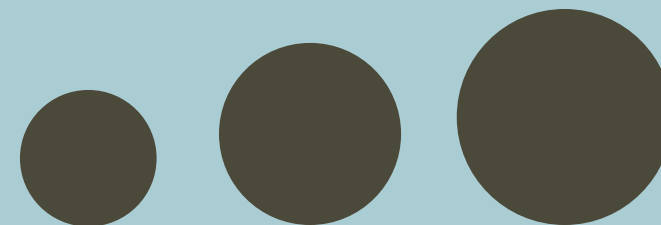
## Soft Skills for Youth Employment



**SOFT SKILLS  
FOR YOUTH  
EMPLOYMENT**

2022-1-TR01-KA220-YOU-000087078

# DEVOTION





# DEVOTION



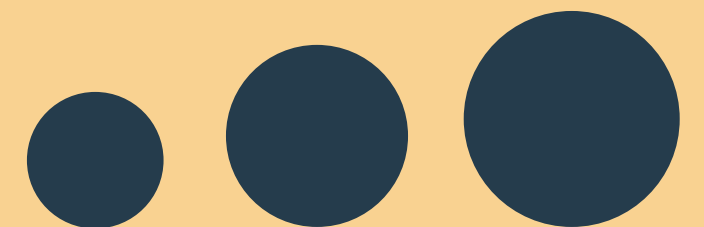
1.5 hour



25-30  
participants



- Flipchart or whiteboard
- Markers or chalk
- Sticky notes
- Handouts with self-reflection questions (optional)
- Timer





## A I M O F T H E T R A I N I N G

- **PARTICIPANTS WILL EXPLORE THE CONCEPT OF DEVOTION AND DISCOVER PRACTICAL STRATEGIES TO INFUSE PURPOSE AND MEANING INTO THEIR DAILY LIFE TASKS.**
- **PARTICIPANTS WILL LEARN HOW TO APPROACH THEIR DAILY TASKS WITH A SENSE OF DEDICATION, MINDFULNESS, AND FULFILLMENT.**

# STEP 1 - DEFINITION (20 MINUTES)



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## DEVOTION

Devotion in daily life tasks is characterized by a profound commitment and dedication to the activities and responsibilities that define our routine. The objective of cultivating devotion in these tasks is to infuse purpose, passion, and a sense of fulfillment into our actions. This commitment serves as a driving force, influencing the quality of our endeavors and contributing significantly to personal and collective well-being.

The importance of devotion in daily life lies in its transformative impact on both individual experiences and the outcomes of various tasks. When approached with devotion, routine activities cease to be mere obligations; instead, they become opportunities for personal growth and contribution. Devotion brings a heightened level of focus, perseverance, and a positive mindset, allowing individuals to navigate challenges with resilience and enthusiasm.



# DEVOTION

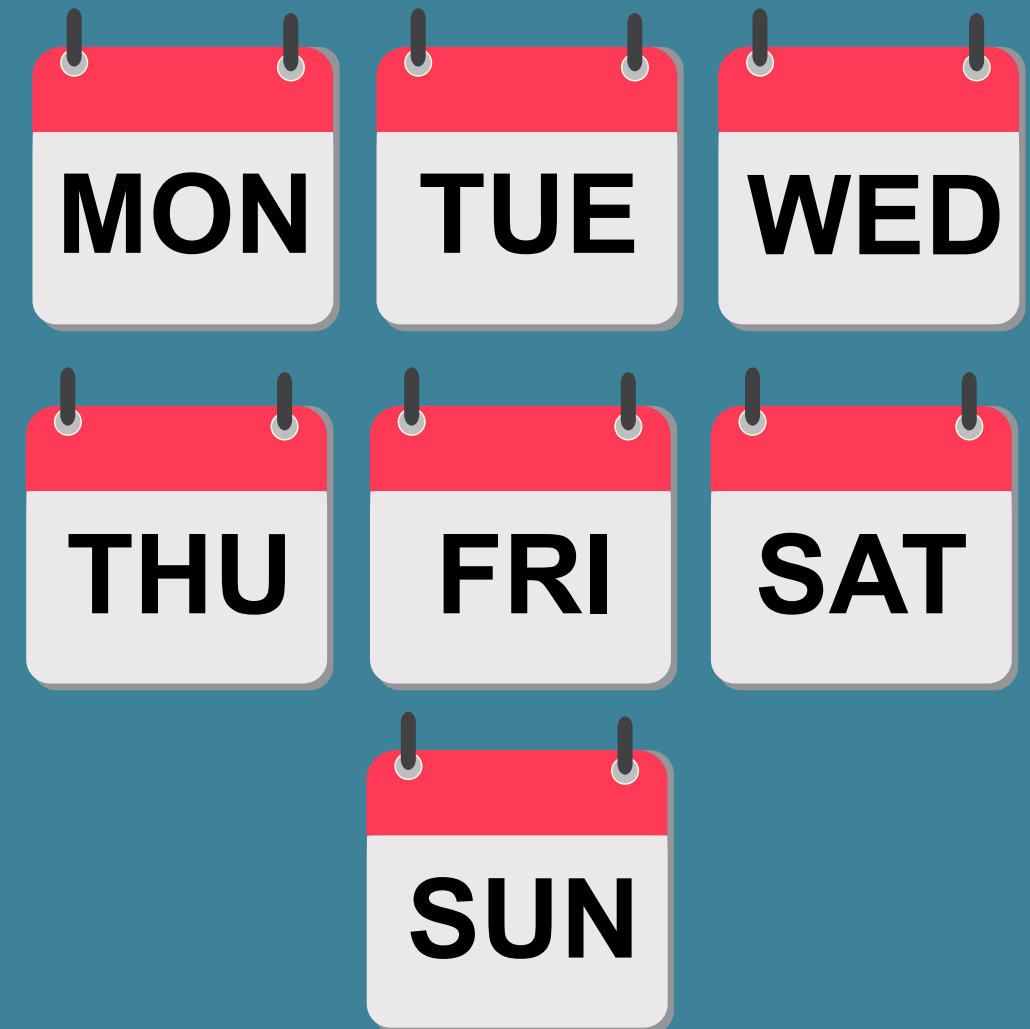


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In personal development, devotion fosters a sense of purpose and direction, guiding individuals to set and achieve meaningful goals. It enhances self-discipline, as individuals are more likely to stay committed to tasks even when faced with obstacles. Moreover, devotion in daily life tasks nurtures a positive mindset, influencing one's attitude towards challenges and fostering a proactive approach to problem-solving.

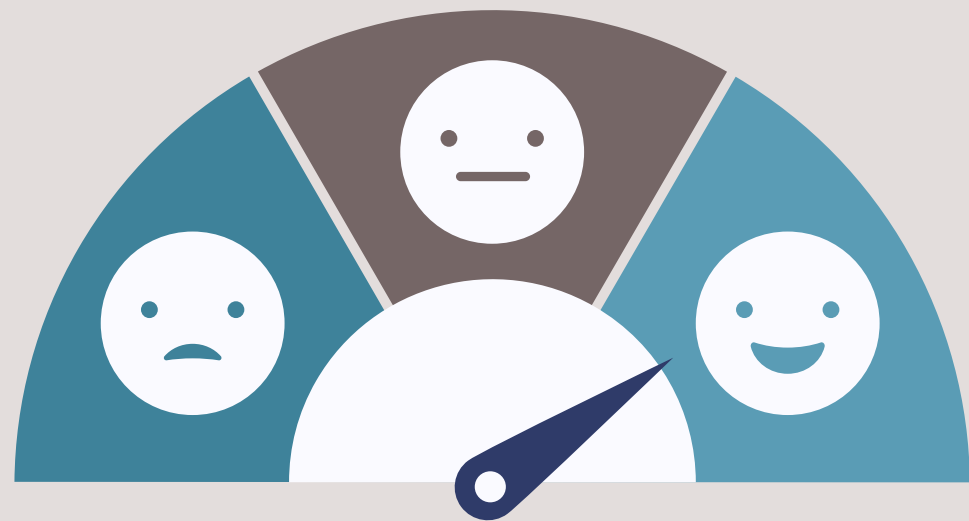
On a collective level, a shared devotion to common goals can strengthen relationships and collaboration within communities, families, or workplaces. When individuals approach their responsibilities with devotion, it contributes to the creation of a supportive and cohesive environment. This shared commitment fosters a sense of unity, encouraging collective efforts towards shared objectives.





## DEVOTION

The objective and importance of devotion in daily life tasks lie in its potential to elevate routine activities beyond the mundane, infusing them with purpose and significance. Through devotion, individuals can derive a deeper sense of satisfaction, build resilience, and contribute positively to their personal growth and the well-being of the communities they engage with.



# KEY POINTS OF DEVOTION

Commitment  
Sacrifice  
Time and Energy  
Passion  
Consistency  
Faithfulness  
Purpose  
Resilience  
Prioritization  
Mindfulness  
Selflessness  
Reflection  
Service  
Gratitude  
Discipline



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# STORY

Read the story

Write key points on the flipchart or whiteboard.

Explore different perspectives and experiences related to devotion.



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In a small village, there was a young boy named Raj who had a deep passion for learning but faced numerous challenges due to financial constraints. Despite his family's limited resources, Raj was determined to pursue education and dreamt of becoming a doctor.

Recognizing his devotion, a group of local teachers and community members came together to support Raj's education. They provided him with books, mentoring, and even organized extra classes to help him catch up with the curriculum. Raj, in turn, exhibited unwavering dedication to his studies.

Years passed, and Raj not only completed his education but also secured a scholarship for medical school. Driven by his gratitude and devotion, he returned to his village as a qualified doctor. Over the years, he set up a free clinic to serve the community, ensuring that others had access to healthcare regardless of their financial situation.

Raj's story not only reflects his personal devotion to education but also highlights the transformative power of a community coming together to support an individual's dreams. It reminds us that devotion is not only about personal dedication but also about the profound impact collective support and encouragement can have on an individual's journey.

# PRACTICAL EXERCISES AND ACTION PLAN (15 MINUTES)



Think about a specific daily task to perform mindfully and with devotion.

Provide guidelines on how to practice devotion during the task, such as paying attention to details, appreciating the process, or finding joy in the activity.

Set a timer for the exercise (e.g., 5-7 minutes).

After the exercise, regroup and allow participants to share their experiences.

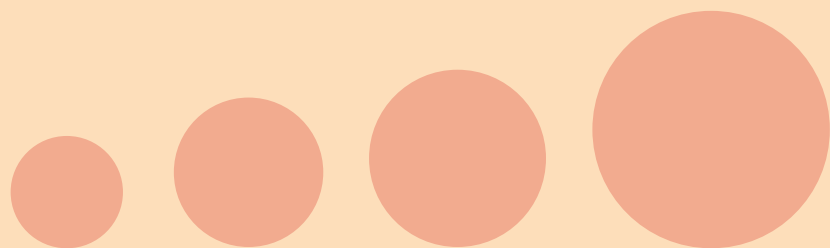
Conclude the session by encouraging participants to develop an action plan for infusing devotion into their daily tasks.



# MIND MAP

Creating a mind map on the topic of "devotion" involves visually organizing and exploring various aspects related to this concept.

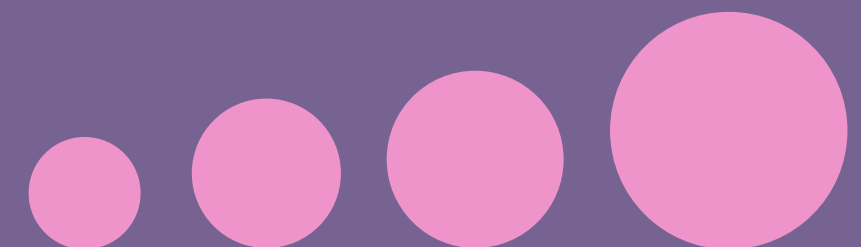
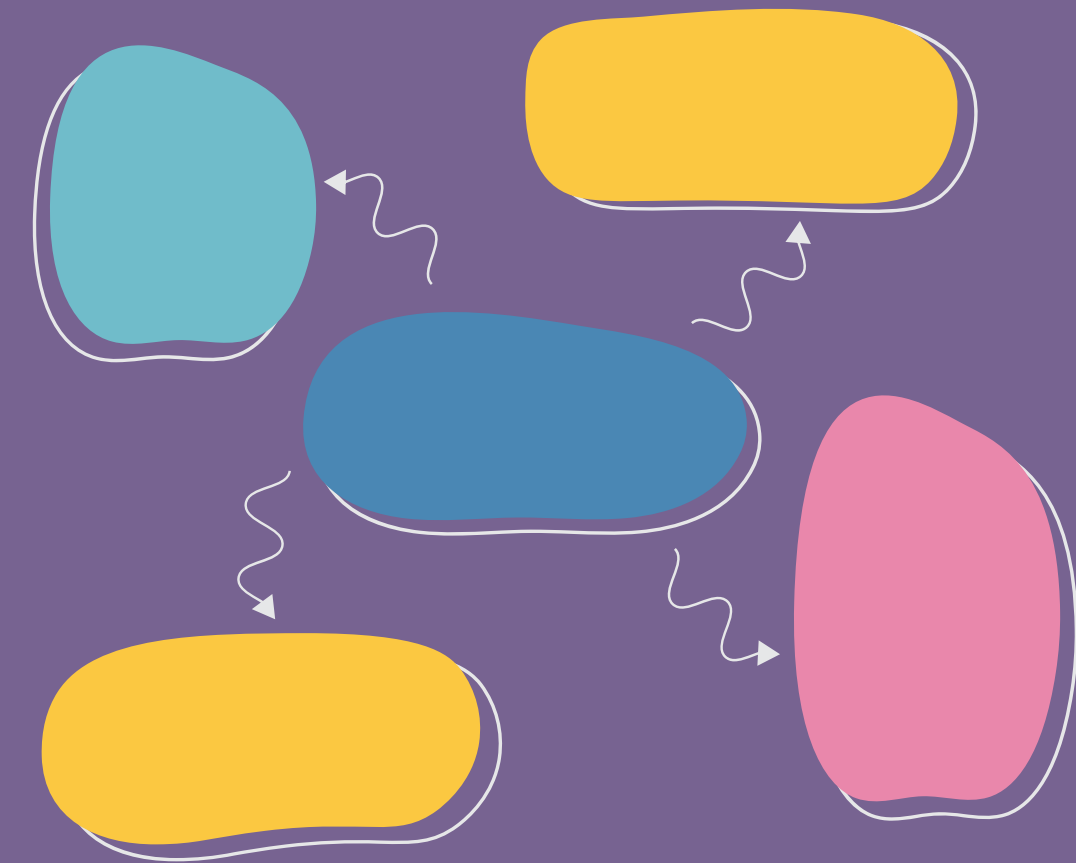
Follow a step-by-step guide and create your own MIND MAP



# MIND MAP



- Begin with "Devotion" at the center of the page.
- Identify key aspects: "Personal," "Interpersonal," "Professional," "Spiritual," and "Collective."
- Create branches for each aspect, connecting them to the central idea.
- Add subcategories like "Passions" and "Goals" under "Personal Devotion."
- Use keywords and symbols for clarity, such as a heart for "Interpersonal Devotion."
- Assign colors to each aspect for visual organization.
- Use lines to connect related ideas, showing relationships.
- Maintain a consistent format for clarity.
- Experiment with layouts, such as radial or hierarchical arrangements.
- Periodically review and refine, adapting as your understanding evolves.
- Consider using digital tools for added features and flexibility.





# SELF-REFLECTION HANDOUTS



Take some time to reflect and write down your intentions.

- What is your intention behind performing this task?
- How does it align with your values and goals?
- How can you bring more focus and dedication to this task?





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# SELF-REFLECTION HANDOUTS

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## Morning Routine

Guidelines: Perform your morning routine mindfully. Pay attention to each step, from brushing your teeth to making your bed. Find joy in the simplicity of these actions.

## Writing a Thank-You Note

Guidelines: Write a thank-you note to someone who has positively impacted your life. Infuse your words with genuine gratitude, and reflect on the impact of this person's actions.

## Cooking a Meal

Guidelines: Prepare a meal mindfully. Pay attention to the ingredients, the cooking process, and the presentation. Consider the nourishment and joy the meal will bring.

I matter





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# SELF-REFLECTION HANDOUTS

16/19

## Daily Commute

**Guidelines:** During your commute, be it walking, driving, or using public transport, practice mindfulness. Observe the surroundings, appreciate the journey, and find gratitude for the mobility.

## Work Assignment

**Guidelines:** Approach a work task with devotion. Pay attention to the details, immerse yourself in the process, and find satisfaction in contributing your skills to the project.

## Connecting with Nature

**Guidelines:** Spend time in nature, whether it's a park, garden, or natural trail. Practice devotion by observing the beauty around you, listening to the sounds, and appreciating the serenity of the environment.







# SELF-REFLECTION HANDOUTS

## Cleaning Space

**Guidelines:** Clean and organize a part of your living or working space with devotion. Pay attention to each item, appreciate its place in your life, and create an environment that brings you a sense of calm.



## Personal Reflection

**Guidelines:** Set aside time for personal reflection. Journal about your thoughts, emotions, and experiences. Approach this task with devotion by acknowledging and valuing your own inner journey.

The **MORE**  
you **REFLECT**  
the **MORE**  
you **LEARN**

# CONCLUSION AND Q&A (10 MINUTES)



Summarize the key takeaways from the workshop.

Make a list for questions and address any concerns or queries.



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# REFERENCES

- 1 "Devotion in Daily Tasks: A Path to Purpose" Emily Turner 2020 Harmony Press
- 2 "Sacred Routines: Harnessing Devotion for a Fulfilling Life" Michael Harris 2018 Serenity Publications
- 3 "Everyday Devotion: Finding Joy in the Ordinary" Rachel Carter 2019 Insightful Books
- 4 "Devote Yourself Daily: The Power of Consistency in Life's Tasks" Benjamin Foster 2021 InnerLight Press
- 5 "Mindful Living: The Art of Devotion in Daily Life" Lauren Mitchell 2017 Tranquil Mind Publishing





# SOFT SKILLS FOR YOUTH EMPLOYMENT

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