



The TH!NK FC Journal

We are really excited to finally launch our NEW Journal....but what's it all about? We thought we'd share our thoughts on how you might find it useful...

Who is it for and what's in it?

The journal is for anyone willing to take a journey and looking for change – the tools and resources shared are to help with everyday life, making decisions and achieving goals that you set for yourself, celebrating along the way. There is no age limit, it's for everyone; for those looking to take action, it's for you personally, socially and at work, it's for checking in with yourself and connecting with others whether they be colleagues, family, friends, neighbours or those you meet in your community - anyone.

The tools shared are based on business tools, but as you'll know from our first blog we are all about “levelling the playing field” so we've turned things around and upside down to create some easy to use tools to help you TH!NK differently. We've done this with the permission of, and alongside, those that inspire us!

So how does it work?

There is no right or wrong way to use the journal, you don't have to share anything you do – it's just for you. You can work through it page by page or dip into it for specific tools, there is a tool box finder at the back to help you navigate. The journal invites you to write, draw, play games and ultimately take time to TH!NK.

There are three chapters...

Connect with what matters to you - take a moment to reflect on how you spend your time, check in on your feelings, learn to turn around any hindering thoughts, consider your direction and reasons why.

Understand the skills and strengths you and others have to share - identify your own top skills, learn about connecting with others, discover the assets of your community, th!nk about where you might want to make a difference and celebrate.

Set your goals and take action! - visualise your ideas, evaluate your intentions and options, plan your actions and break down tasks, involve others and consider their points of view, imagine success and celebrate!



THINK FC

• People • Place • Potential



So how can you can you get your own copy?

Just for you - it's easy to do, visit us at Makers, in Coalville CAN, to buy your own copy or buy online via this link [TH!NK FC – Coalville CAN](#)

For your community group - if you are looking to buy a few copies for a group or as part of a project then we'd love to hear from you. To help have a greater impact we can host training to introduce the Journal and tools for sharing, working together in a way which best suits your group or project. Including us as part of a bid can be a powerful way to improve projects and have a greater impact. To learn more please email us at helen@thinkfc.org.uk

For your organisation – we would be pleased to work alongside you to run a training session to introduce the tools in collaboration, including the tools in your way of working. Would you like to create your own branded version, tailored to your organisation? Do you want to include us in your bid, with journals and training? Want to make the journal your own, we can “white label” to include your preferred tools, add pages with your organisation's values and brand.

Please email us at helen@thinkfc.org.uk to make an enquiry!

What's next?

It's our hope that we can get this journal into the hands of as many people as possible - especially young people and community groups to TH!NK differently about the choices and decisions they make, to help people find the things they care about most and TAKE ACTION!

You'll find some of the tools downloadable on our website in the Tools and Resources section and we invite you to make use of them and share them with others...

Let's level the playing field together.