

SafeSpace4Youth Peer-Education Programme

Distance Travelled Tool

Name: _____

Date: _____

Signature: _____

This tool is designed to help you better understand both your personal and professional skills and encourage you to reflect on areas in your life you wish to improve. By completing this tool several times, you can track any progress you've made in these aspects. Please respond to the following statements, indicating your level of agreement from 'strongly disagree' to 'strongly agree,' while considering your emotions and experiences over the past month.

Let's explore the SafeSpace4Youth *Distance Travelled Tool*. This helpful tool can track your progress and growth over time. Think of it as a way to see how much you've learned and improved from where you started.

This tool collects different kinds of data, and can demonstrate how you have progressed in certain areas. By looking at this information, you can understand how well you're doing in your learning journey.



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	Statements	Strongly Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Strongly Agree
Self-Esteem and Self-Worth	1. I feel confident about my abilities and strengths.					
	2. I believe in my worth and value as an individual.					
	3. I am proud of the person I am becoming.					
Self-Confidence	4. I feel assured when facing new challenges.					
	5. I trust in my capacity to handle difficult situations.					
	6. I am comfortable expressing my opinions and ideas.					

	Statements	Strongly Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Strongly Agree
Communication Skills <i>(Incl. Public Speaking)</i>	7. I am able to communicate my thoughts effectively to others.					
	8. I feel comfortable speaking in front of a group.					
	9. I can convey my message clearly and confidently.					
Teamwork and the Ability to Join In	10. I actively participate and contribute to group activities.					
	11. I work well with others to achieve common goals.					
	12. I feel included and valued within the team.					

Statements		Strongly Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Strongly Agree
Resilience	13. I bounce back quickly from setbacks and failures.					
	14. I feel comfortable speaking in front of a group.					
	15. I am capable of handling adversity with strength.					
Attitude and Hopefulness	16. I maintain a positive outlook on life and its possibilities.					
	17. I believe in a brighter future for myself and others.					
	18. I approach life with hope and optimism.					