



SUSTAINABLE FUTURES

REFLECTION JOURNAL

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Empowering
planet-friendly
career pathways



Founders4Schools

MODULE 1: WHAT IS SUSTAINABILITY?

Understand basic concepts and context.

- Unit 1: What is Sustainability?
- Unit 2: Sustainable Values
- Unit 3: The Sustainable Development Goals
- Unit 4: Systems Thinking for Sustainability

MODULE 2: SUSTAINABLE BUSINESS

Understand the role of business and relevance of career pathways.

- Unit 1: Doughnut Economics
- Unit 2: Sustainable Business
- Unit 3: Circular Economy
- Unit 4: Greenwashing

MODULE 3: SUSTAINABLE ME

Understand how to apply to a career pathway.

- Unit 1: Sustainable Careers
- Unit 2: Sustainable Skills
- Unit 3: Shaping a Sustainable Career



MODULE 1: WHAT IS SUSTAINABILITY?



UNIT 1: WHAT IS SUSTAINABILITY?

Write a definition of Sustainability:

Reflections on completing the unit

By producing and sharing your definition of sustainability you have begun to consider the global issues that the planet is facing for its future survival. You are now more aware of how your own actions do and will have an impact on the health of the planet and the outcomes for future generations.

Bearing all of this in mind, capture your reflections on the following:

What contributes to my carbon footprint?

What personal changes to my current lifestyle can I make?

Which decisions and choices will I need to make in the future to lead a more sustainable life?

MODULE 1: WHAT IS SUSTAINABILITY?



UNIT 2: SUSTAINABLE VALUES

My Values

Consider what makes you feel happy and fulfilled. Write a list of your key values *e.g., friendship / fairness / freedom / fun / fitness.*

- | | |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |

Reflections on completing the unit

The content of this unit focused on you developing and understanding your 'self-concept' (who am I?) and your 'self-schema' (what are my beliefs and values and how do they influence my feelings and actions?).

Thinking about this, capture your reflections on the following:

Are the values I have listed what I expected, or a surprise to me?

How do these values show themselves in my everyday life? What actions do I already take to live by them?

Thinking of your future sustainable self, how important is it to you that an organisation's values align to your values for a sustainable career?

MODULE 1: WHAT IS SUSTAINABILITY?



UNIT 3: THE SUSTAINABLE DEVELOPMENT GOALS

Explain which of the SDGs you feel is most urgent to achieve:

Reflections on completing the unit

The SDGs provide a global context for your personal sustainable values. It is important to have a more focused and comprehensive approach to leading a sustainable life successfully.

Considering what you have learnt about the SDGs, capture your reflections:

How are the SDGs relevant to my life now?

Are governments and organisations doing enough to achieve the SDGs?

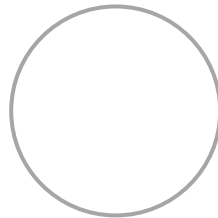
How could I live my values in the future to support achieving the SDGs?

MODULE 1: WHAT IS SUSTAINABILITY?



UNIT 4: SYSTEMS THINKING FOR SUSTAINABILITY

Consider something you'd like to change. Map the system to identify how best to make change happen. Identify the key influences and use a connection circle to show how they are linked, and where a change would have most impact.



Reflections on completing the unit

The challenge for individuals is how to be empowered to help shape the future through proactive behaviours and make sustainable choices, when faced with the different positive and negative possible future pathways.

Thinking about making change in a system, capture your reflections:

How will I live my sustainable values now and in the future?

Now

Future

What obstacles might I encounter?

How could I shape the future despite these obstacles?

MODULE 2: SUSTAINABLE BUSINESS



UNIT 1: DOUGHNUT ECONOMICS

Write an explanation of a doughnut economy. Include some examples of basic needs and planetary boundaries.

Reflections on completing the unit

The doughnut is a visual metaphor for a green economy. That is one where everyone has enough. It does good for the planet and leads to better human wellbeing.

Considering this, capture your reflections on the following:

How does this theory resonate with you as an explanation for how humans and the planet can safely survive?

Where do you feel you can have the greatest influence or impact?

MODULE 2: SUSTAINABLE BUSINESS



UNIT 2: SUSTAINABLE BUSINESS

Describe what a business should be demonstrating in its values to promote sustainability:

Reflections on completing the unit

All businesses will need to make changes in order to meet Net Zero targets and attract employees who value sustainable practice. As a potential employee, you have power over the career decisions you make.

Bearing this in mind, capture your reflections on the following:

When reflecting on your sustainable values, can you transfer them to a business or job? How important is it to you that an organisation's values align to your values for a sustainable career?

Based on this, what are your priorities when thinking about your future career?

What kind of organisation/business do you want to work for?

How would you find out what values a potential employer has?

MODULE 2: SUSTAINABLE BUSINESS



UNIT 3: CIRCULAR ECONOMY

Describe how a circular economy works and suggest ways we can stop resources ending up as waste:

Reflections on completing the unit

The circular economy describes different actions that can be taken to reduce our impact on the planet. The 5Rs are practical steps to prevent more resources being taken from the planet. Businesses will also need to adapt their practices to become more circular.

Thinking about this, capture your reflections on the following:

How do you see your future self influencing or being involved in enhancing the sustainability of an organisation?

What do you feel could equip you to be able to do this?

What skills do you feel will be needed for establishing, or working in, the Circular Economy?

MODULE 2: SUSTAINABLE BUSINESS



UNIT 4: GREENWASHING

Write a couple of examples of greenwashing statements:

State what can we do to have more confidence that a product is actually sustainable?

Reflections on completing the unit

By critically analysing the decisions you make and information about the products you use, you are able to effectively take more control to lead a sustainable life. You have decision making power to ensure a business or product aligns with your values.

Considering this, capture your reflections on the following:

Think about a time when you were influenced to consider a company or product to be doing good for the planet. What was influencing you and was it reliable?

How can I question 'green' claims by businesses and how might I act on my conclusions?

MODULE 3: SUSTAINABLE ME



UNIT 1: SUSTAINABLE CAREERS

Describe, with an example, what is meant by the term 'sustainable career':

Reflections on completing the unit

You have built your knowledge of the different sectors in the business world and associated careers, and gained a better understanding of what makes a career sustainable (and not necessarily typically 'green'). Businesses have potential to become more sustainable and employees can influence these practices.

Bearing this in mind, capture your reflections on the following:

Who can I influence in my life now and in the future?

Now

Future

What can I do to influence my employer to improve sustainable practice in the workplace?

MODULE 3: SUSTAINABLE ME



UNIT 2: SUSTAINABLE SKILLS

List some key employability skills linked to sustainability, that will be most valued in the green economy:

Reflections on completing the unit

You have had the opportunity to reflect on your strengths, talents, and skills. By choosing the sustainable skills you would like to focus on developing, you can begin to imagine a future career pathway.

Considering this, capture your reflections on the following:

What are your key strengths?

Identify one of the sustainability skills that you feel fits with your personal priorities.

How might you use this skill to help shape a sustainable future?

Activity Sheet



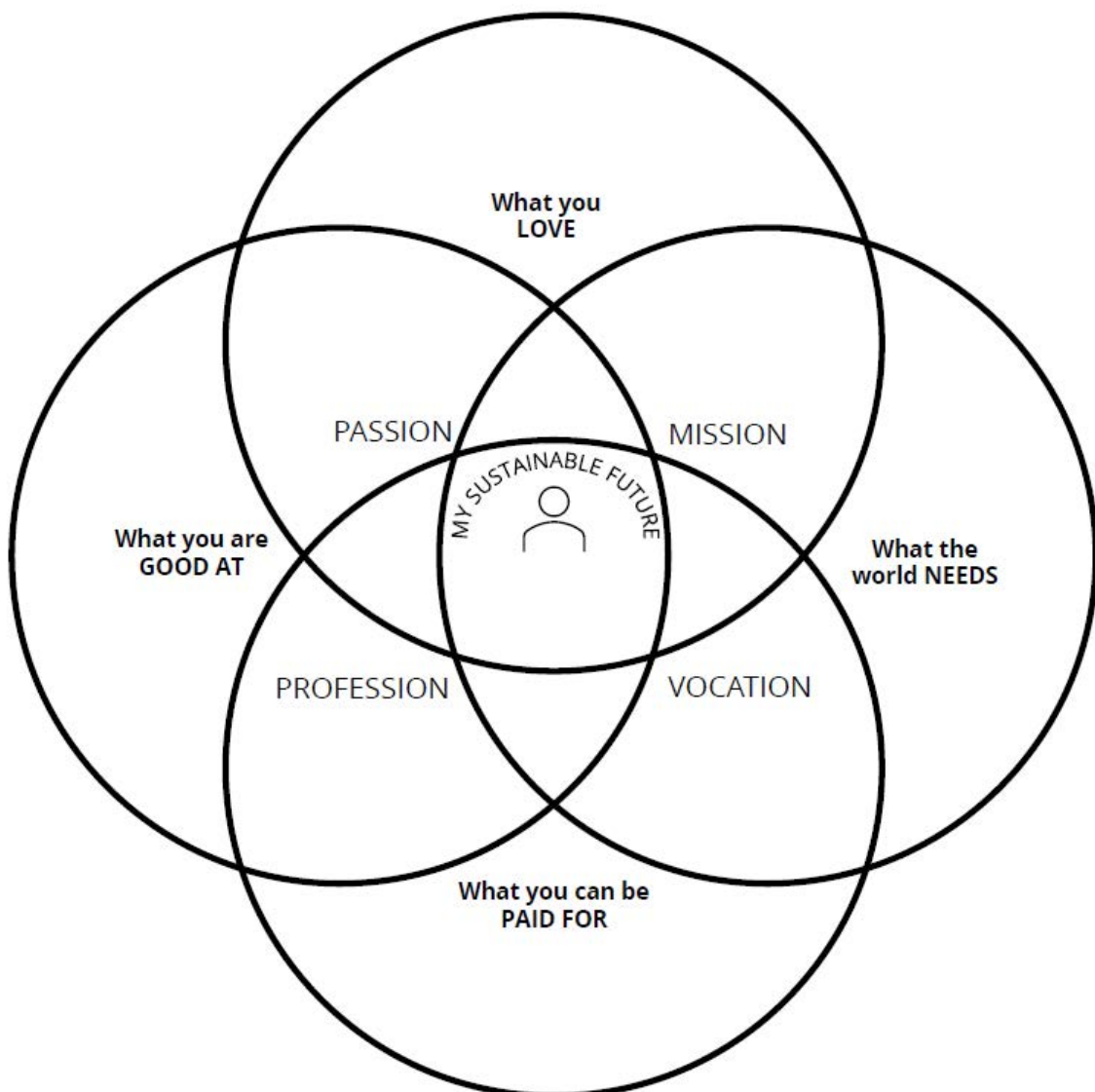
Ikigai

'Ikigai' is a Japanese term for something that makes life worth living.

When thinking about your career, a good place to start is finding something that you enjoy, are good at, you can be paid to do, and is good for the world.

ACTIVITY

- Reflect on the statements in the outer circles and add your thoughts to the diagram.
- Think about where there is crossover and what that might look like for you.
- Finally, bring ideas from each circle together to consider what your sustainable future could look like - doing something you enjoy, you can be paid to do, and is good for the planet.



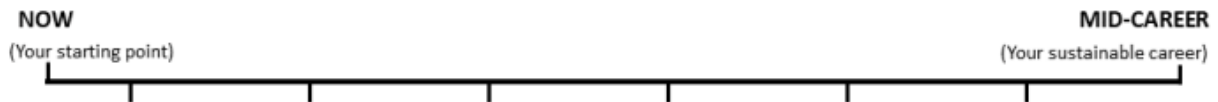
Activity Sheet



Mapping a Sustainable Career

What would be the criteria for you to be in a 'sustainable career'?

Using the timeline template, add the decision points for the steps you need to take to successfully achieve your sustainable career goals.



For each decision point you have labelled on the line, consider how you might bring sustainability into your decisions to shape the outcome.

Decision Point	Sustainability Considerations

MODULE 3: SUSTAINABLE ME



UNIT 3: SHAPING A SUSTAINABLE CAREER

Describe what we need to be able to make good decisions and where we might find information:

Reflections on completing the unit

You have developed your knowledge and skills related to sustainability and reflected on your core values to be more aware of what you want in a future career. Applying what you have learned, you have begun to map out a pathway to achieving a sustainable future self.

Thinking about your sustainable future self, capture your reflections:

How could you draw on your values when making decisions about your career?

What questions would you want to ask in an interview to ascertain if the company is able to offer you stability and opportunities?

Thinking about my sustainable future life, which careers or pathways align best to my personal values?

Actions I will take now to start on the pathway towards a successful sustainable career:

SUSTAINABLE BUSINESS REFLECTIONS



EMPLOYER ENCOUNTER

Following your talk from a business person, reflect on these questions:

- What was the most interesting or inspiring thing you learned?
- What role did sustainability play in their work?
- Has the talk changed how you are thinking about your future career?

WORKPLACE EXPERIENCE

Following your experience of the workplace, reflect on these questions:

- What was the most valuable thing you learned?
- How did sustainability feature in your work?
- Was sustainability valued in the business?
- Has it made you think about what you would or wouldn't like to do in the future? Explain your thoughts.