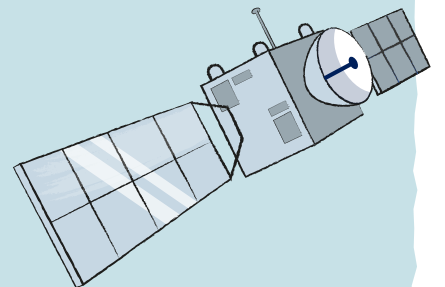


The ultimate
GUIDE
to becoming
the best version of
YOURSELF

AIRBUS FOUNDATION







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What's inside:

1	 SELF-CARE	8
2	 EMPATHY	16
3	 COLLABORATION	26
4	 INVESTIGATIONS	34
5	 DREAMING YOUR LIFE	42
6	 ARE WE ALL BIASED?	50
7	 DO NOT TRUST THIS CHAPTER	58
8	 STAY SAFE ONLINE	66
9	 LET'S CHANGE THE WORLD!	76
10	 RAISE YOUR VOICE!	84

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**“What you do makes a difference,
and you have to decide what kind of
difference you want to make”**

- Jane Goodall



HI! I'M RACHEL.

So, you decided to open this booklet. You know, opening a book doesn't go without risks. This may change how you look at the world, who you decide to be, and what you decide to do. Is this really a guide to becoming yourself? Yes, if we consider that becoming yourself is never finished. The best way to be yourself is to engage with the world and be curious, listen to others and seek feedback. Because the world needs you. It needs your ideas, your projects and your creativity.

At the Airbus Foundation, we are also doing our best to play a part through our actions supporting youth development, humanitarian aid and the environment.

This booklet is a starting point: for each of the ten themes, you will find a presentation and a few hands-on activities to put things into practice. You may choose to read each chapter in order or to pick and choose chapters out of order, depending on what you're interested in. You may read and do everything at once, or come back to the booklet every few weeks, every few months, whenever it's convenient for you. You may use it when you're alone or with your friends. You may use it to discuss with a parent, a teacher, or a mentor. After all, it's your booklet, so you choose how you use it.

But I do encourage you to try the activities for real. It's one thing to only read about something and another, very different experience, to actually **DO** something. By doing an activity, you will turn it into a personal experience. And this experience may change you, or help you understand better who you are.

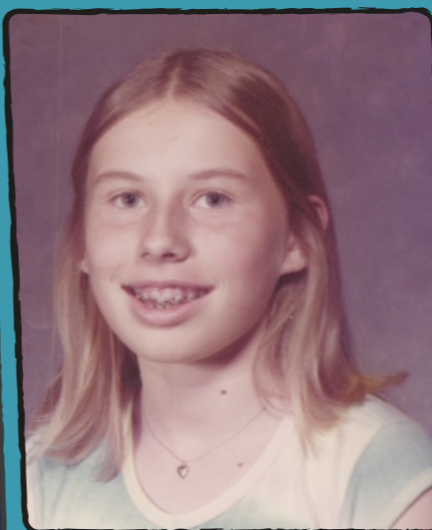
When I was 14 years old, people often said I was shy because I didn't talk so much and was more of a listener. I always felt like this was a weakness, and I was afraid it would be a problem all my life. Today, I know that I'm an introvert, which is knowledge that has helped me become myself more authentically in both my personal and professional life.

I wish I had understood that earlier:

I would have felt like I had a special power... I also wish I had had this booklet in my hands then, to learn more about how self-care, empathy and curiosity can make me a better human. To enjoy collaboration, investigation, or imagining my future life. To be aware of my own biases and to become more internet savvy (but the internet didn't even exist when I was 14!), or to find tools that would have helped me express myself – in my introverted way – and change the world. These are all ideas you will be able to experiment with through reading this booklet.

- Rachel Schroeder -

Look, this is me when I was 14 years old.



RACHEL SCHROEDER
MANAGING DIRECTOR, AIRBUS FOUNDATION

Now get ready, take a deep breath, and enjoy the ride!