

What Would You Like Your Life to Look Like?

Objective

To identify the personal strengths and people in your life who can support you in setting and meeting your goals.

You Should Know

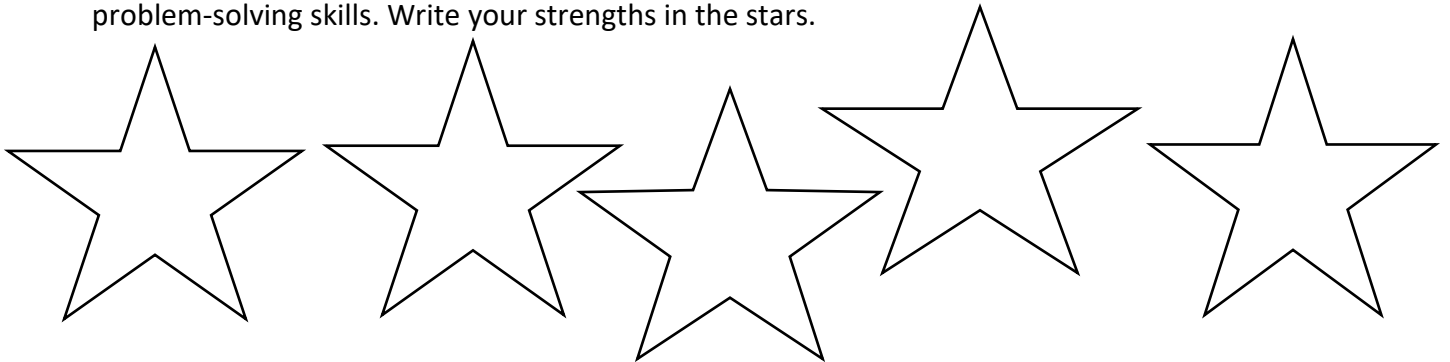
Even if you are currently having a hard time, you can begin your new story today! You can decide what you want for your life by setting goals and taking the steps that are right for you. This tool will help you brainstorm what you'd like your life to look like. As you think about the future, what goals do you have? Who can help you reach your dreams and goals? What strengths do you have to help you get there?

This worksheet will help you identify your personal strengths, hopes, and dreams; set some goals; and think about the people who can support you along the way.

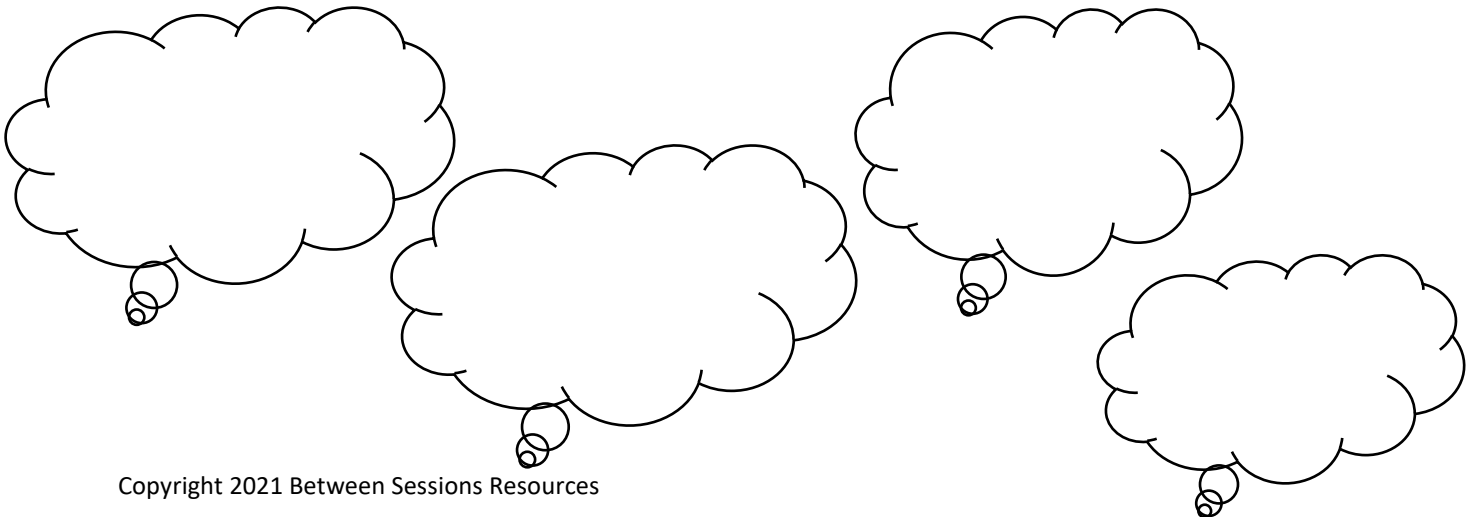
What to Do

In the shapes below, write down your personal strengths, goals, hopes and dreams, and supportive relationships.

Personal Strengths – What are you good at? For example, being a good friend or having great problem-solving skills. Write your strengths in the stars.



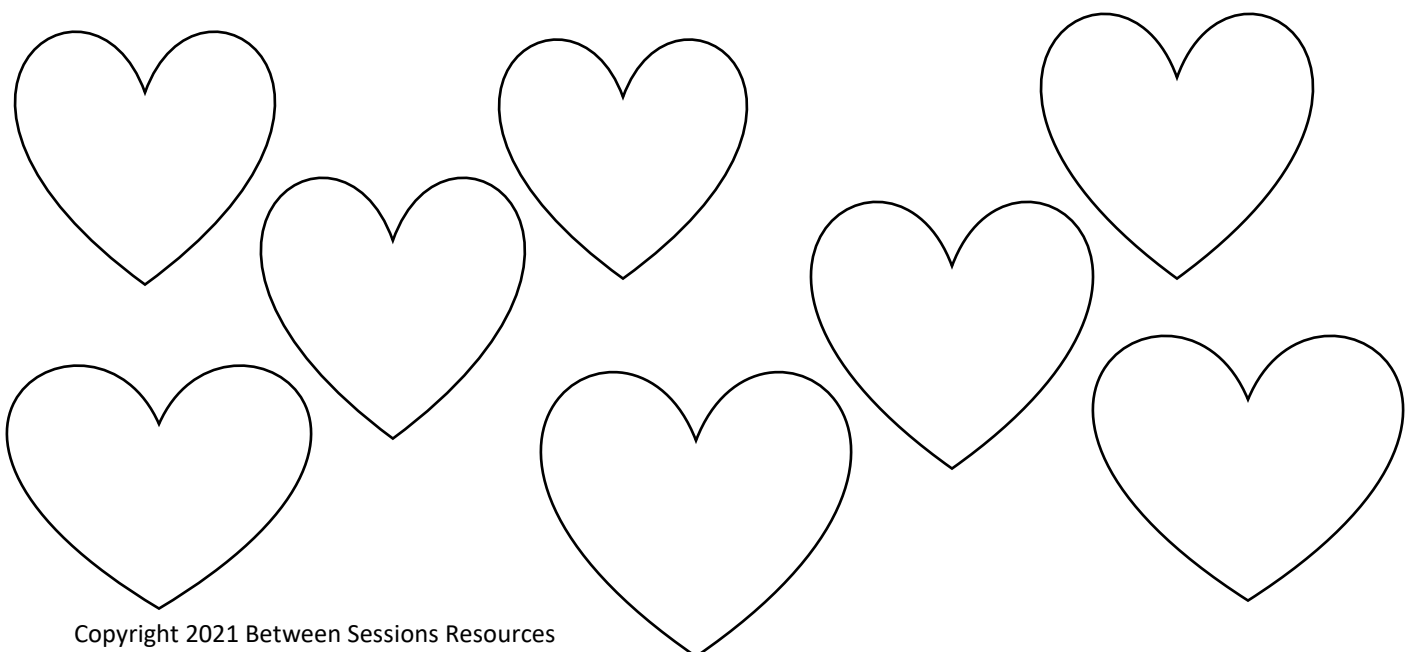
Dreams – Let your imagination run wild! In the clouds, write down your hopes and dreams.

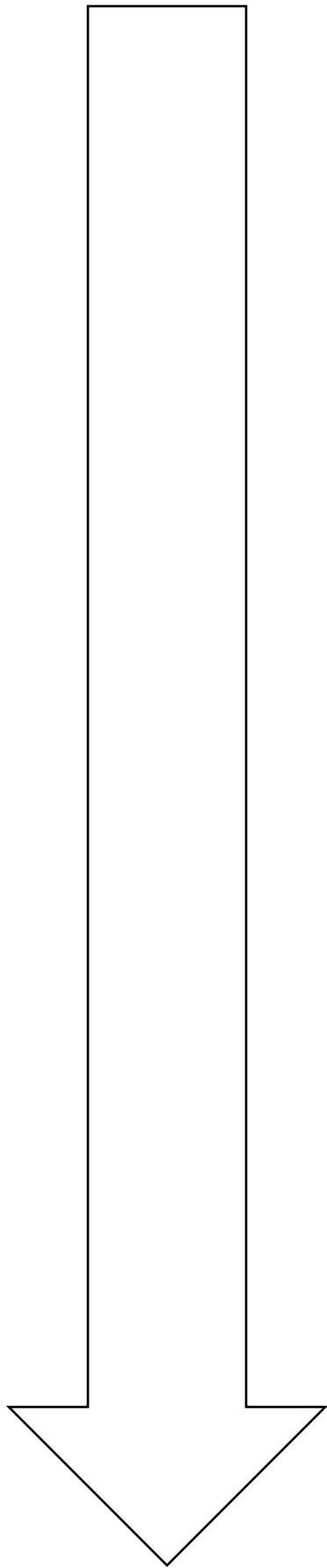


Personal Goals – What would you like to do soon and in the future? It’s important to set goals to be sure you are planning for what you want to happen in the future. In the three boxes that follow, write down what you’d like to accomplish in one month, in one year, and in ten years.

In one month...	In one year...	In ten years...

Supportive People – In the hearts, write down supportive and caring relationships you have. You might include family members, friends, mentors, teachers, or coaches – anyone who is important to you.





On the line at the beginning of the arrow, write down today's date. On the line at the arrow, write down a date in the future – it could be one year from now, five years from now, or even ten years from today. Now, cut out the shapes with your personal strengths, hopes and dreams, goals, and supportive people. Tape or paste the shapes on the arrow. Be creative – use stickers, paint, markers, and so forth to decorate your personal timeline. Think about your hopes and dreams, and the people and resources that will help you meet your goals. Use another piece of paper or poster board if you need more space.

Reflections on This Exercise

What did you find most challenging about this exercise?

What was your favorite part of this activity? Least favorite? Why?

After completing this exercise, were you able to see how your personal strengths and the people and resources around you can support you in meeting your goals? Why or why not?

How helpful was this exercise? _____
(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?
