

Notes and Comments:



# My Future...

Thinking about my hopes and dreams:  
What I can do to make the best of my life,  
and the help and support I may need

Name:

**My Hopes, Dreams and Aspirations** - What I want to do or be in the future  
(This links to goals that are known as the *Preparing for Adulthood* pathways)

Education and Employment      Independent living  
Being part of the community - having good friends and relationships  
Being healthy      Anything else

Learning: at school, college, work-based  
Work: paid employment, voluntary work, work experience, and the skills for this  
Independence: how/where I want to live in the future  
Other skills, hobbies and interests  
My friendships and relationships with other people  
Anything else: ?  
Keeping healthy

**Appreciation:** What people like and admire about me

Things I'm good at - My strengths & skills  
My personality - My good/positive qualities  
My strengths - things I'm good at:  
(Who says what about me? And what do I think?)

Character and personality - what other people like about me:

**What my life feels like NOW...**  
Happy days and Unhappy days

What makes some days go better or feel happier than others?  
What needs to change to make the unhappy or stressful days better?

Happy days ☀️ 😊  
Unhappy or stressful days ☁️ ☹️

Ways to have more happy days and fewer unhappy days  
☹️ → ☺️

Notes:

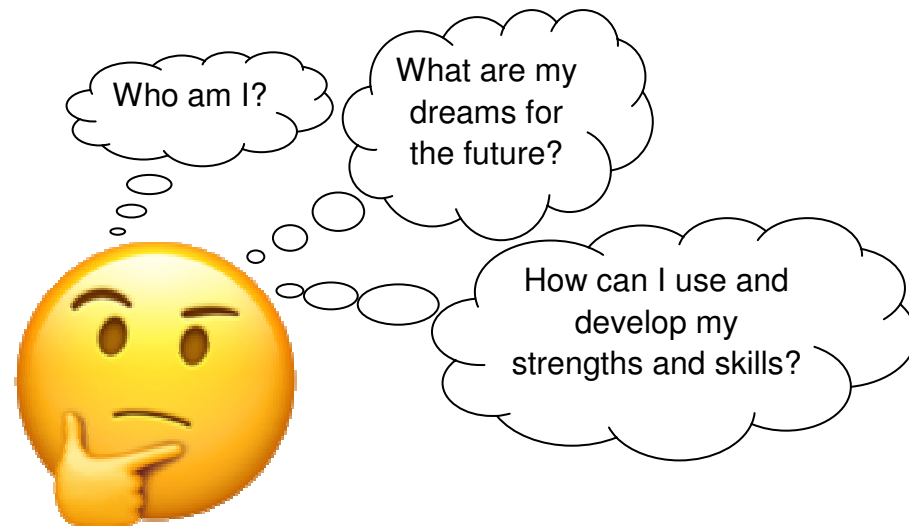
## Workbook and Resources



InterAct, Moulsham Mill, Parkway, Chelmsford,  
Essex. CM2 7PX [www.interact.org.uk](http://www.interact.org.uk)  
Charity Registration No. 1048631  
In partnership with schools in Braintree District

Workshops funded by Braintree District & Greenfields Community Fund

## Getting started: This is all about *YOU...* and *YOUR FUTURE*

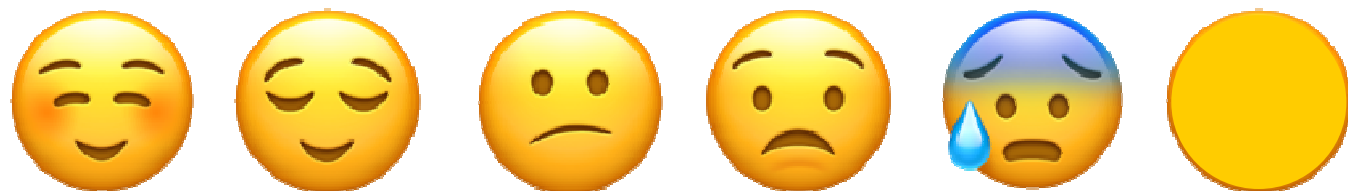


*"The future belongs to those who believe in the beauty of their dreams."*  
Eleanor Roosevelt (?)

*"The future depends on what you do today."*  
Mahatma Gandhi

*"Life can only be understood backwards; but it must be lived forwards."*  
Søren Kierkegaard

### To begin: when you think about your future - how do you feel?



Happy ☐ Calm ☐ Confused ☐ Worried ☐ Anxious ☐ .....

Why? \_\_\_\_\_ (your own emoji)



**Think about this again *after the workshop*:** Look at your answer - has it changed?

**The aim of this workshop** is to help you to think *positively* about *your future*:

- Exploring your hopes, dreams and ambitions
- Your future goals, and steps towards them
- Using and developing your strengths and skills to make the best of your life
- What may need to change for you
- The help and support you may need to do this
- Being resilient, and finding ways to 'bounce back' from difficulties

### So that everyone can take part and enjoy the workshop...

- ✓ Please listen to and respect other people
- ✓ It's OK to ask questions
- ✓ Please ask for help if you need it
- ✓ Try to be positive about yourself and others, but...
- ✓ Be honest about your feelings and worries
- ✓ You can decide what you want to tell other people, and what to keep private

## My Future - from Dreams to Goals: Building on my Strengths ☺ Changing what's not Working ☹, and Building my Resilience

### 4: Being healthy

**My dreams:**

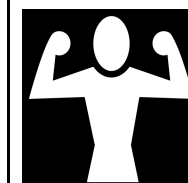


**My goals:**



**By when:**

**My strengths and skills, and what else I need to do to achieve my goals:**



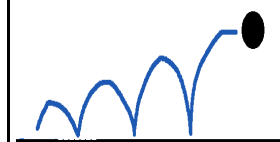
**What could be changed to make things work better for me:** ☹ → ☺



**The help and support I might need with this:**



**Things I can do to become more resilient and 'bounce back' from difficulties:**



**My Future - from Dreams to Goals: Building on my Strengths ☺**  
**Changing what's not Working ☹, and Building my Resilience**

**3: Being part of the community - having good friends and relationships**

**My dreams:**



**My goals:**



**By when:**

**My strengths and skills, and what else I need to do to achieve my goals:**



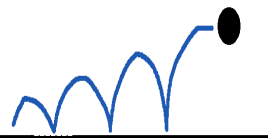
**What could be changed to make things work better for me: ☹ —————> ☺**



**The help and support I might need with this:**



**Things I can do to become more resilient and 'bounce back' from difficulties:**

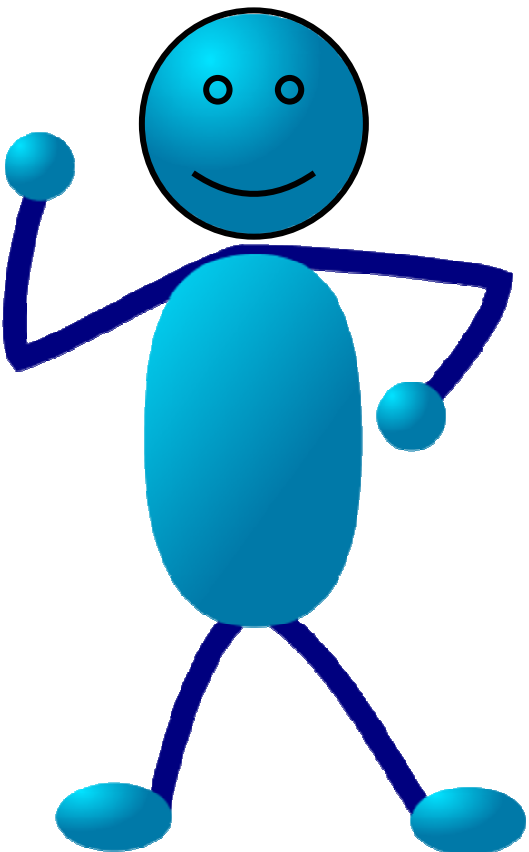


**Appreciation: What people like and admire about me**

**Things I'm good at - My strengths & skills**

**My personality - My good/positive qualities**

**(Who says what about me? And what do I think?)**



**My strengths - things I'm good at:**



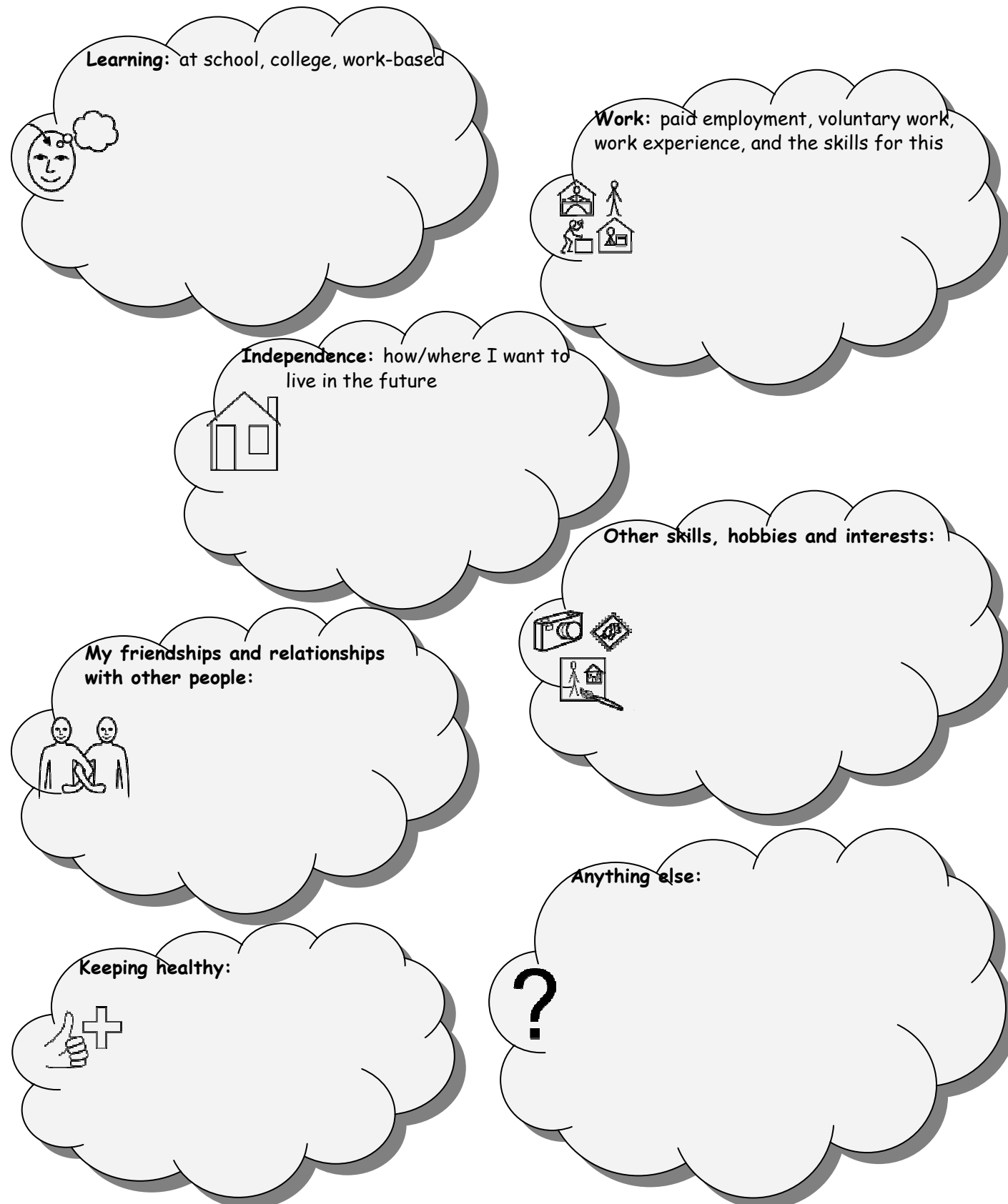
**Character and personality - what other people like about me:**



## My Hopes, Dreams and Aspirations - What I want to do or be *in the future*

(This links to goals that are known as the *Preparing for Adulthood* pathways):

Education and Employment      Independent living  
Being part of the community - having good friends and relationships  
Being healthy      Anything else



## My Future - from Dreams to Goals: Building on my Strengths ☺ Changing what's not Working ☹, and Building my Resilience

### 2: Independence: how and where I want to live in the future

My dreams:

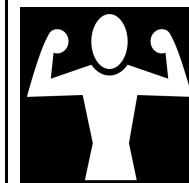


My goals:



By when:

My strengths and skills, and what else I need to do to achieve my goals:



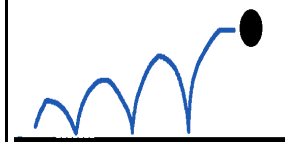
What could be changed to make things work better for me: ☹ —————> ☺



The help and support I might need with this:



Things I can do to become more resilient and 'bounce back' from difficulties:



**My Future - from Dreams to Goals: Building on my Strengths ☺**  
**Changing what's not Working ☹, and Building my Resilience**

**1: Learning and skills, and thinking ahead to my future work and career**

**My dreams:**



**My goals:**

**By when:**



**My strengths and skills, and what else I need to do to achieve my goals:**



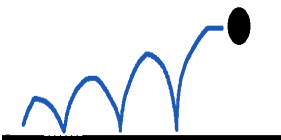
**What could be changed to make things work better for me:** ☹ → ☺



**The help and support I might need with this:**



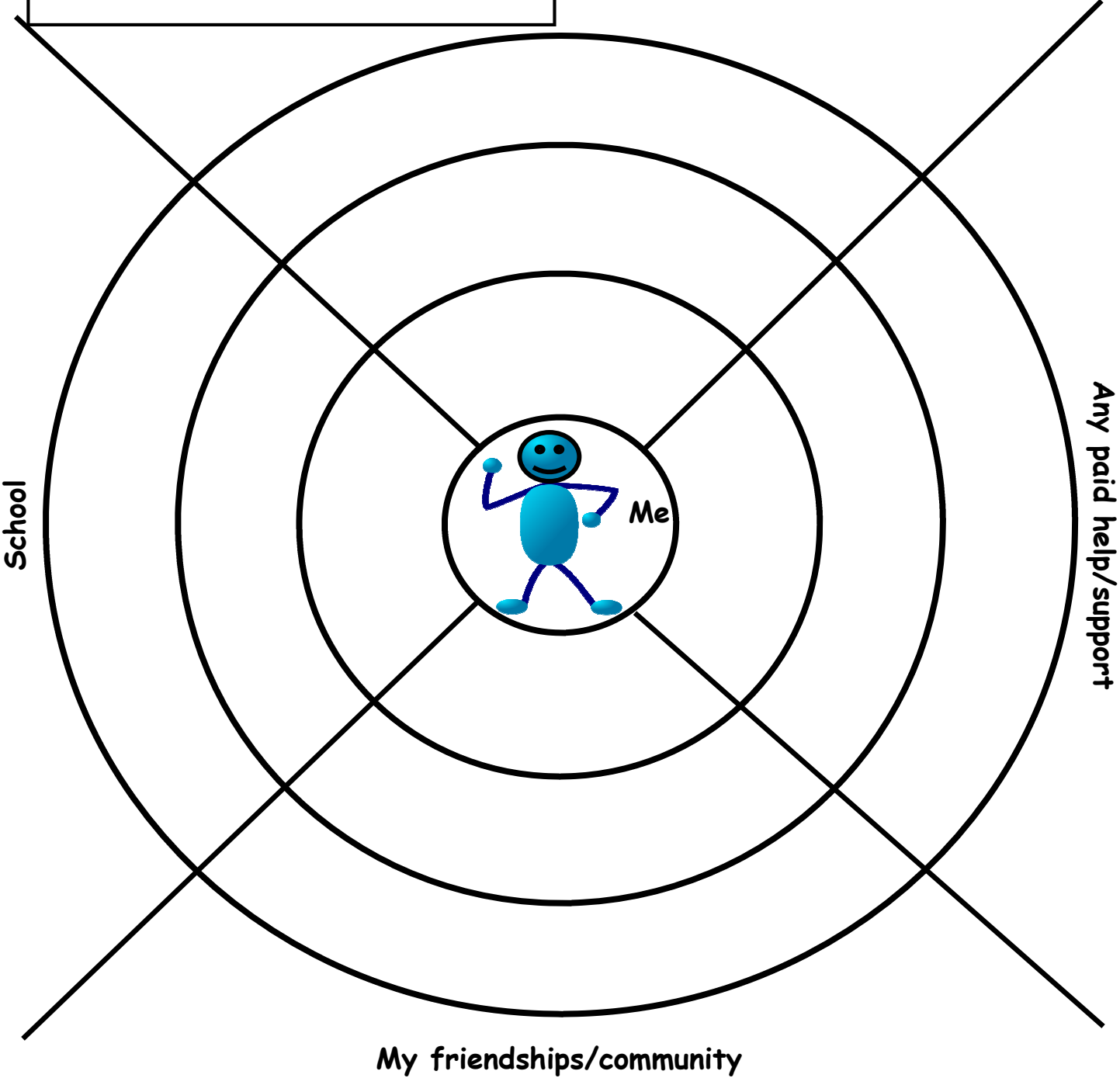
**Things I can do to become more resilient and 'bounce back' from difficulties:**



The people in my life: **Relationship Map or 'Circle of Support'**  
**'My Team':** Who do I spend my time with? Who do I like being with?  
Who helps and supports me? Who do I trust? Who can I count on?

Name:

**My family (and/or my foster carers)**



?

**To think about:** Who is closest, and most important in my life? Why?  
What's missing, are there other people who could help me?

**Notes/  
Actions:**



## What is Important *TO ME*... and Important *FOR ME*

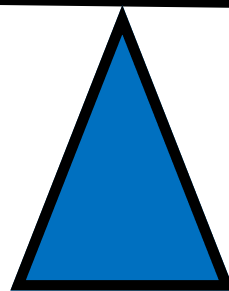
Important *TO ME* (for a good life/to make me happy):  
people, pets, interests, possessions

Important *FOR* (a safe and healthy life): What I *need* -  
for my learning, health, support, safety and wellbeing



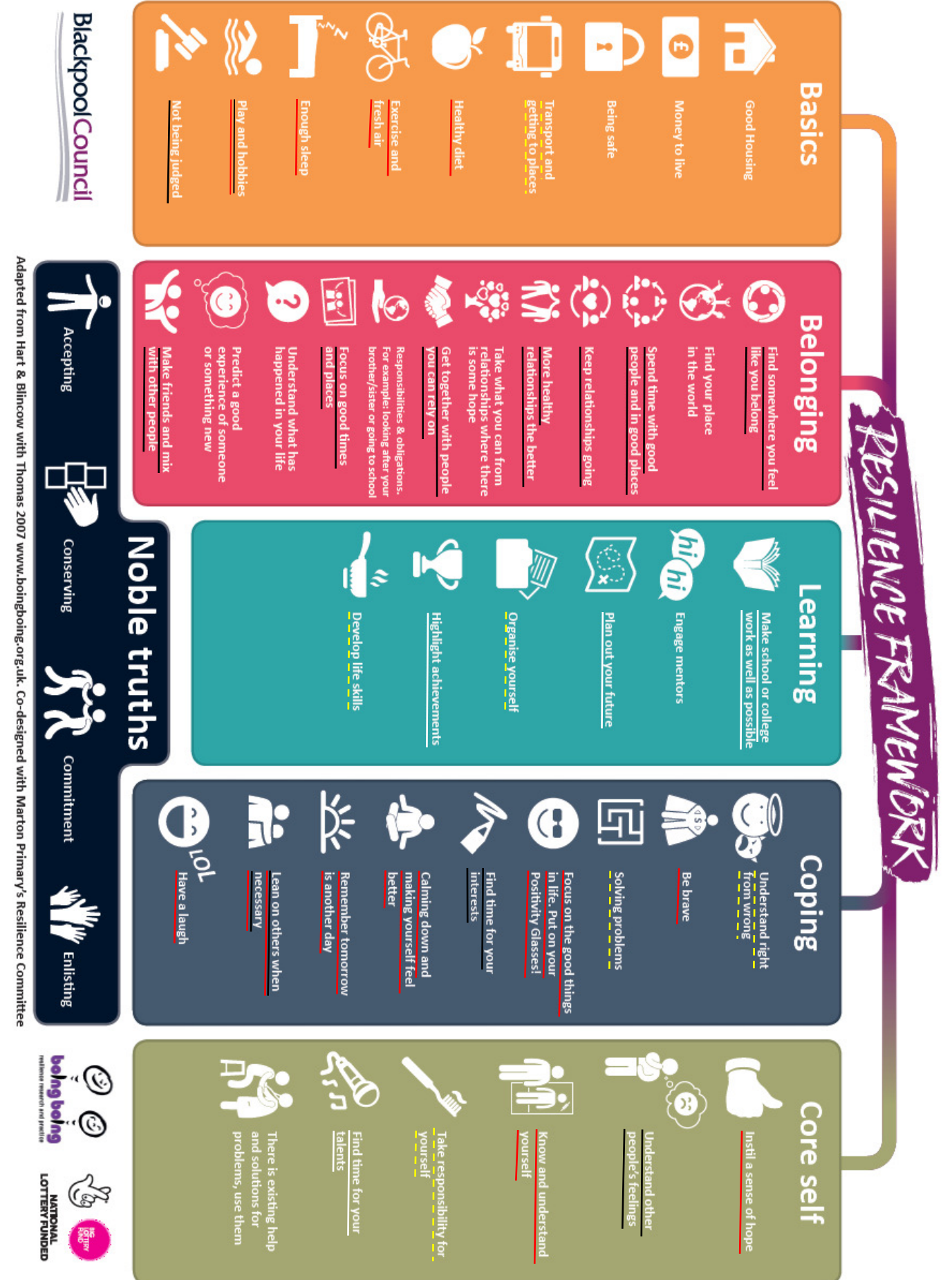
What is Important *TO ME*...

What is Important *FOR ME*...



Notes - Anything that needs to happen or change to make my life better

## Resilience Framework - 'bouncing back' from difficulties



# GREAT DREAM

## Ten keys to happier living

- |                   |  |
|-------------------|--|
| <b>GIVING</b>     |  <u>Do things for others</u>              |
| <b>RELATING</b>   |  <u>Connect with people</u>               |
| <b>EXERCISING</b> |  <u>Take care of your body</u>            |
| <b>AWARENESS</b>  |  <u>Live life mindfully</u>               |
| <b>TRYING OUT</b> |  <u>Keep learning new things</u>         |
| <br>              |  |
| <b>DIRECTION</b>  |  <u>Have goals to look forward to</u>   |
| <b>RESILIENCE</b> |  <u>Find ways to bounce back</u>        |
| <b>EMOTIONS</b>   |  <u>Look for what's good</u>            |
| <b>ACCEPTANCE</b> |  <u>Be comfortable with who you are</u> |
| <b>MEANING</b>    |  <u>Be part of something bigger</u>     |

ACTION FOR HAPPINESS

[www.actionforhappiness.org](http://www.actionforhappiness.org)

## What my life feels like *NOW*...

### Happy days and Unhappy days

What makes some days go better or feel happier than others?  
What needs to change to make the unhappy or stressful days better?

Happy days



Unhappy or stressful days



Ways to have more  
happy days and  
fewer unhappy days



Notes:

# Who am I? - One Page Profile: What I'd like people to know about me

My name:

What people like and admire about me:

What's important to me Now:

My hopes and dreams for the future:

Ways to help and support me Now:

To help me achieve my hopes and dreams:

Date:

# Looking Ahead - Finding Ways to a Better Future:

(a) Five Ways to Wellbeing (developed by New Economics Foundation & Mind)

(b) The Great Dream

(c) Building Resilience

## Five Ways to Wellbeing

