

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:

Keeping healthy

Anything else:

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:

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:

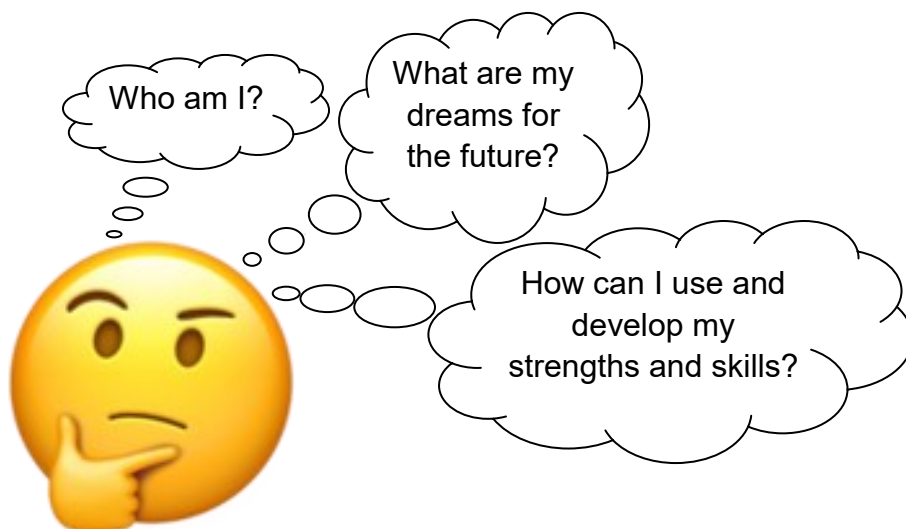
Workbook and Resources

InterAct

InterAct, Moulsham Mill, Parkway, Chelmsford,
Essex. CM2 7PX 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...

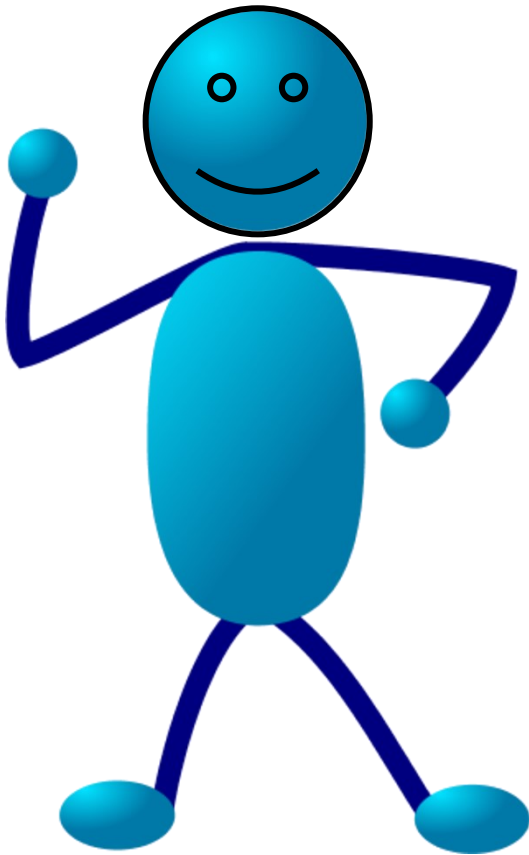
- ✓ Please listen to and respect other people
- ✓ It's OK to ask questions
- ✓ Please ask for help if you need it
- ✓ Try to be positive about yourself and others, but...
- ✓ Be honest about your feelings and worries
- ✓ You can decide what you want to tell other people, and what to keep private

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:



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Other skills, hobbies and interests:

My friendships and relationships with other people:

Anything else:

Keeping healthy:

?

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)

School

Any paid help/support

My friendships/community



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*

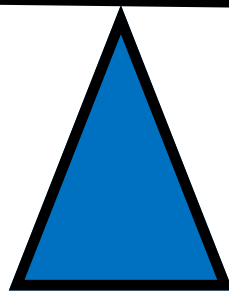
Important *TO ME* (for a good life/to make me happy):
people, pets, interests, possessions

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

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:

Ways to help and support me
Now:

My hopes and dreams for the
future:

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

1: Connect

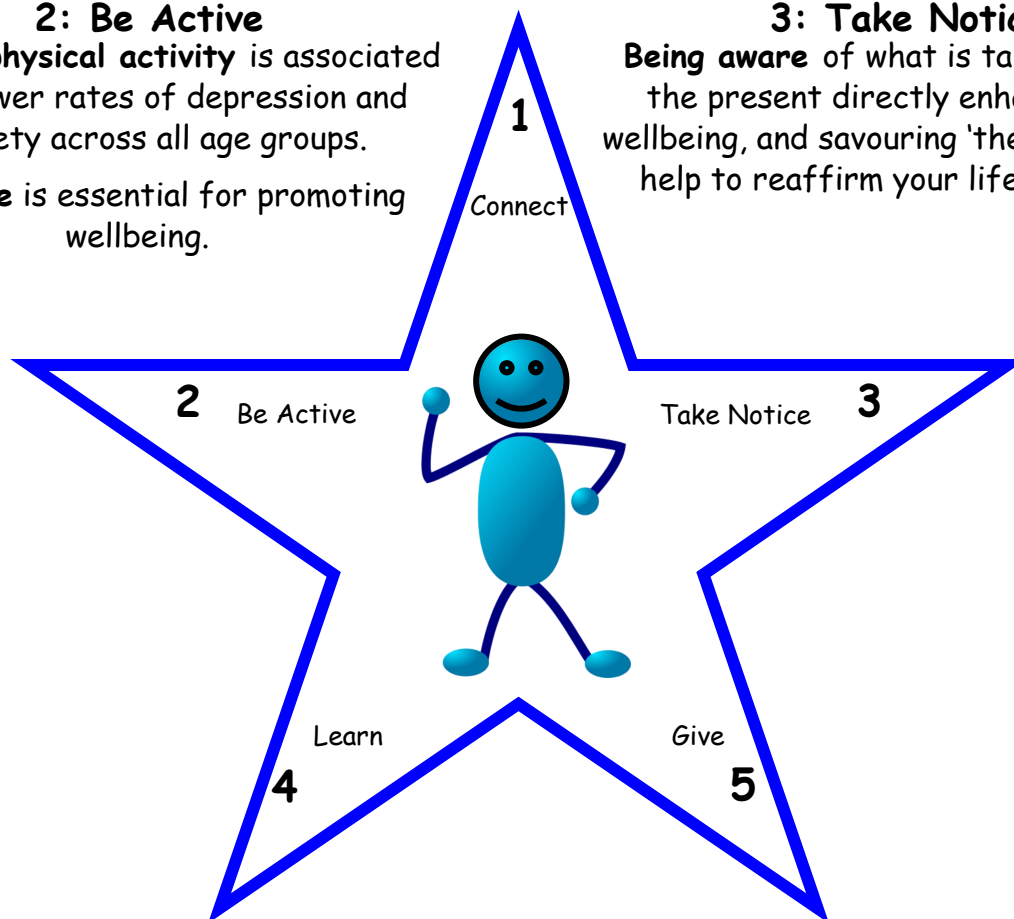
Feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world.

2: Be Active

Regular physical activity is associated with lower rates of depression and anxiety across all age groups.
Exercise is essential for promoting wellbeing.

3: Take Notice

Being aware of what is taking place in the present directly enhances your wellbeing, and savouring 'the moment' can help to reaffirm your life priorities.



4: Learn

Continued learning enhances self-esteem and encourages social interaction and a more active life.

Setting goals has been strongly associated with higher levels of wellbeing

5: Give

Participation in social and community life - Individuals with a greater interest in helping others are more likely to rate themselves as happy.

GREAT DREAM

Ten keys to happier living

GIVING



Do things for others

RELATING



Connect with people

EXERCISING



Take care of your body

AWARENESS



Live life mindfully

TRYING OUT



Keep learning new things

DIRECTION



Have goals to look forward to

RESILIENCE



Find ways to bounce back

EMOTIONS



Look for what's good

ACCEPTANCE



Be comfortable with who you are

MEANING



Be part of something bigger

ACTION FOR HAPPINESS

www.actionforhappiness.org

Resilience Framework - 'bouncing back' from difficulties

RESILIENCE FRAMEWORK

Basics

- Good Housing
- Money to live
- Being safe
- Transport and getting to places
- Healthy diet
- Exercise and fresh air
- Enough sleep
- Play and hobbies
- Not being judged

Belonging

- Find somewhere you feel like you belong
- Find your place in the world
- Spend time with good people and in good places
- Keep relationships going
- More healthy relationships the better
- Take what you can from relationships where there is some hope
- Get together with people you can rely on
- Responsibilities & obligations. For example: looking after your brother/sister or going to school
- Focus on good times and places
- Understand what has happened in your life
- Predict a good experience of someone or something new
- Make friends and mix with other people

Learning

- Make school or college work as well as possible
- Engage mentors
- Plan out your future
- Organise yourself
- Highlight achievements
- Develop life skills

Coping

- Understand right from wrong
- Be brave
- Solving problems
- Focus on the good things in life. Put on your Positivity Glasses!
- Find time for your interests
- Calming down and making yourself feel better
- Remember tomorrow is another day
- Lean on others when necessary
- LOL Have a laugh

Core self

- Instil a sense of hope
- Understand other people's feelings
- Know and understand yourself
- Take responsibility for yourself
- Find time for your talents
- There is existing help and solutions for problems, use them

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:



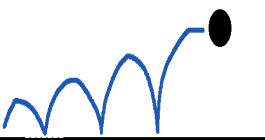
What could be changed to make things work better for me: ☹ → ☺



The help and support I might need with this:



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



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:



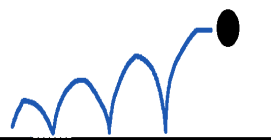
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3: Being part of the community - having good friends and relationships

My dreams:



My goals:

By when:



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



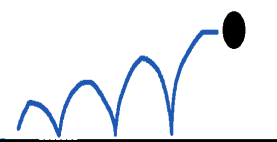
What could be changed to make things work better for me: ☹ —————> ☺



The help and support I might need with this:



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4: Being healthy

My dreams:



My goals:

By when:



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



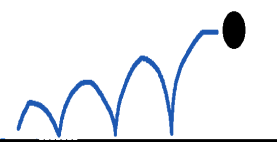
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Notes and Comments:

