

Name:

Date:



## INTRO

### TAKE A GUESS

1. Circle the options below that explain why it can be helpful to think about your future and goals.

You can plan out every detail of your life.	You can figure out what's important to you.	You can break your goals into smaller goals and celebrate each win.
You can identify any obstacles and plan ahead.	You can make sure you never fail.	You can use your time wisely.
You can reach out to people who are where you want to be for advice.	You can create a foolproof system to achieve success in all areas of your life.	You can avoid all mistakes.



## LEARN IT

### ARTICLE: 10 Questions to Help You Think About Your Future

Thinking about your future and reminding yourself of what you want can be a powerful exercise to help you reach your goals. Follow the directions below to review some questions you can ask yourself to start thinking about what you want your future life to look like.

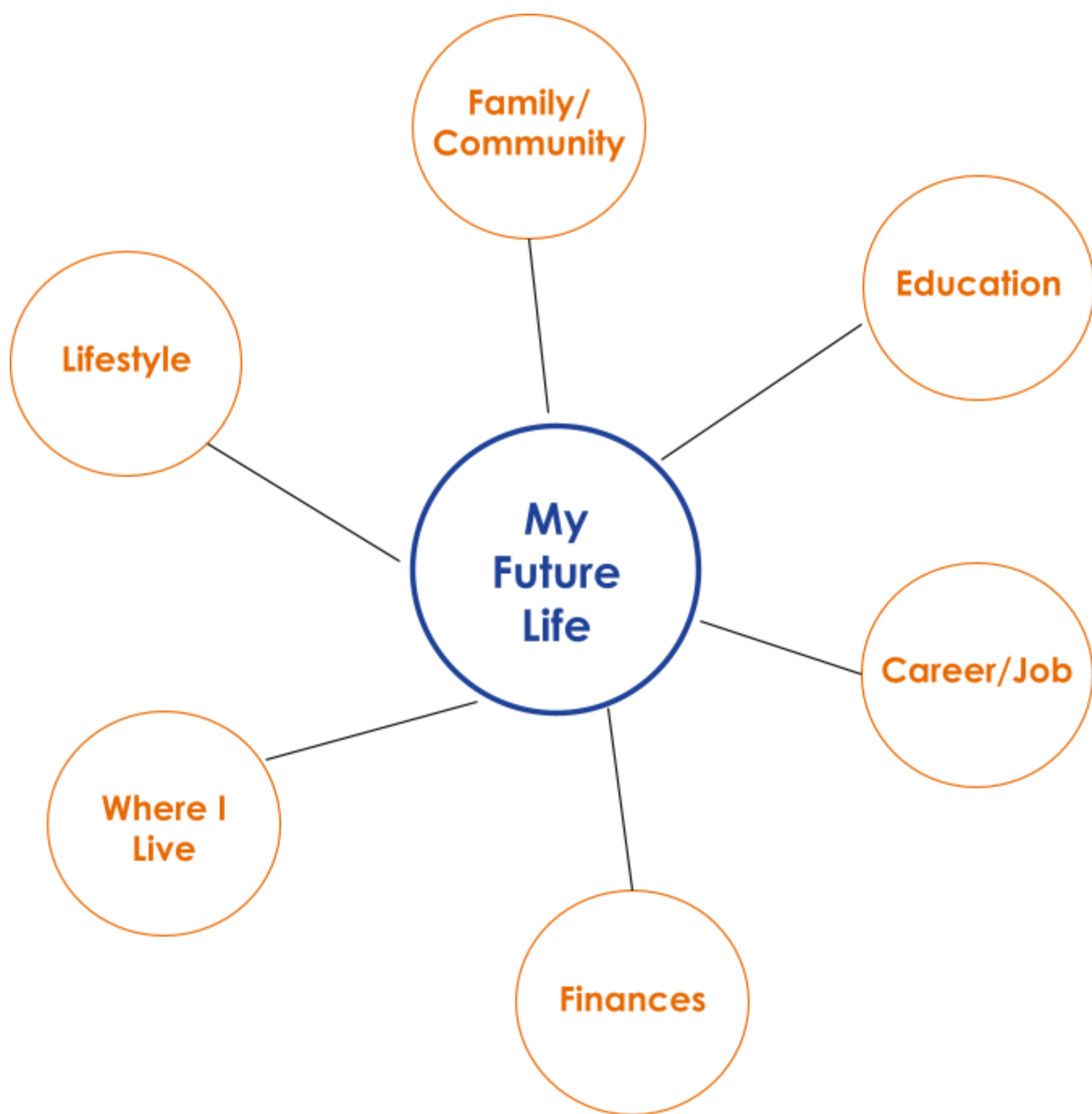
1. Imagine yourself as a 25-year-old. Now, read through the list of questions in the following table and star or highlight the top 3-5 questions that you'd like to think about in more detail.

### **10 Questions to Help You Think About Your Future**

1. What kind of education do you have?
2. What kind of job or career do you have?
3. Where do you live?
  - a. What country? State? City?
  - b. House or apartment?
4. What talents or skills have you learned or gotten better at?
5. What hobbies do you have?
6. How do you feel about yourself?
7. Who do you spend your time with?
8. Have you traveled? Where to?
9. What do your finances look like?
10. What causes do you support?

[Source](#)

2. It's time to brainstorm! Use the space below to create a mind map and collect your ideas for what your future life might look like. Be sure to:
  - a. add your ideas to the categories in the orange circles. You can also add additional categories that aren't there!
  - b. be as specific as you can! You'll be using this information to create a product in the next part of this lesson.





# DO IT

## PROJECT: Envision Your Future Life

As you've seen, thinking about your future can be fun and motivating! It's time to take the ideas you brainstormed in the previous section and transform them into something you can come back to on a regular basis. Follow the directions below to complete this project.

### Part I: Choose Your Final Product

1. Read through the options below and circle or highlight the product you would like to make. Remember, this is something that you want to revisit in the future to remind yourself of your goals, so choose something that you will find easy to come back to!

Final Product Options
<b>Option A: Vision Board</b> Create a collage of pictures, words, and more that represent what your future life looks like. You can either create one on a poster or use an online collage maker to create your vision board.
<b>Option B: Slide Deck</b> Create a slide deck to capture your ideas for what your future life looks like. Make sure your slide deck has an intro slide, and then at least one slide per topic that includes more details and images about your goals.
<b>Option C: Video</b> Create a 3-5 minute video that explains what you would like your future life to look like. This can be a real-life video or an animated one!

### Part II: Make Your Product

Use the ideas you brainstormed in the mind map from the previous section to create your final product. Make sure you include details on the following topics, but feel free to add any other ideas you have!

- ☐ Family/Community
- ☐ Education
- ☐ Career/Job

- ☐ Finances
- ☐ Where I Live
- ☐ Lifestyle

### Part III: Reflect

Once you have completed your final product, take a moment to think about the process of imagining your future life! Then, answer the following questions.

1. What is something new you learned about yourself or about one of your goals as you thought about your future in more detail?

2. Why do you think it will be important to stay flexible if your goals change as you get older?



### EXIT TICKET

1. Explain why it is important to think about what your goals are and to come back to them on a regular basis.