

Create your future

3 steps to the activity realisation



Step 1 – preparation phase

Nowadays, we are facing challenging times. Uncertainty prevails our future and makes it sometimes difficult to think positively about the future. Very often, however, it is exactly challenging times that provide us with the greatest opportunity of personal development, be it in terms of professional development, taking social action on issues that matter to us or simply reaching out to others. Especially young people become easily indecisive or tend to naysay their future plans, if their environment does not provide enough stability or if there is a lack of orientational structures. This exercise is therefore designed to reflect with young adults about their current life situation and potential opportunities for their future planning. You can implement this activity whenever you feel that young people need to cultivate a more positive attitude of self-care.

As a first step, make some notes on why this exercise is of value to the target group. You can highlight this in Step 2. Then, gather any relevant information about young people's current life situation. What are their interests, concerns and current opportunities? What possible circle of support is available to them? Think about these questions beforehand and possible strategies/answers that could support them.

Step 2 – activity phase

To implement this activity, as a first step, you would start off with a brainstorm activity on why it is important to have goals for your own future. The participants are asked to think about and name reasons for having future goals. Next, they exchange their examples in a group setting. You can highlight some of the notes you prepared in Step 1. This way, you convey the importance of employing a positive attitude of self-care in challenging times.

Then, the young adults are asked to think individually about future scenarios and plans for their future. Provide them with some guiding questions, for instance:

- ✓ What are your future (career) goals?
- ✓ What skills would you need to achieve these goals?
- ✓ How could you involve other people to reach your future goals?
- ✓ Why can it be beneficial to sometimes take action, to push yourself or to even sometimes take risks? What can we learn from that?
- ✓ If your future plans do not work out as you have planned them, what will you have learned anyway from this experience?

Lastly, you encourage them to share some of their ideas, on a voluntary basis. The aim of the exercise is to start a reflection process



Type of activity:
Scenarios and discussions

Value of the activity:
At times, we need to re-orient ourselves and reflect on where we want to be in life. This exercise helps young people in moving forward, by identifying preferred future plans and visioning. Young people also reflect on their skills and interests to see whether they match their future goals. Thus, young adults can also identify skills gaps in relation for future planning.



Timing:

Preparation: 15 min.
Implementation: 40 min.
Checking learning progress: 15 min.



Activity follow-up:

<http://www.growingupmag.org/category/career-guide/>



Other value case box components:

It is recommended to implement this exercise in a trustful atmosphere.



Value quoted:

on future plans, why it is important to have goals in life and to employ a positive mindset towards one's own future plans. Emphasise that taking positive action is extremely helpful in challenging times, making us feel more connected with our communities and ourselves.

Step 3 – wrap up phase

Finally, ask how they felt doing this activity. Ask them what they have learnt and what benefits this exercise has. Discussing their opinions will further contribute to raising their awareness of positive attitudes of self-care. It will also foster their overall ability to reflect upon their interests and opportunities.

Your notes:

- V ...
- V ...
- V ...
- V ...
- V ...
- V ...
- V ...
- V ...
- V ...