

Dreams and Aspirations Module

My Companion — Seniors

Name: _____

Date: _____

This page is your companion for the activities that your facilitator is running today. Today isn't about looking back at what you've already done, it's about what still matters to you, going forward. Use this page to keep your own notes as you go.

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Future Deck

MANDATORY

WHY THIS HELPS YOU

- Whenever you're deciding how to spend your time, finding meaningful activities, staying active, or learning something new, ask which option on your grid it moves you toward. Revisit your choice from time to time.
- Having a sense of what you're moving towards, even loosely, is often more valuable than having every step planned out. Tell someone close to you what you chose, saying it out loud makes it easier to act on.

WHAT TO DO

Look at the grid below.

Choose the picture or idea that speaks to you most.

Think about this: if this became part of your life, what would be different?

☐ Staying close to family	☐ Staying healthy and active	☐ Passing on what I know
☐ Living independently at home	☐ Friendships and community	☐ Learning new things
☐ Comfort and safety	☐ Feeling financially secure	☐ Being remembered well
☐ Meaning and spirituality	☐ Trying new hobbies	☐ Fun and play
☐ Write your own: _____	☐ Write your own: _____	☐

If this became part of your life, what would be different?

WHY THIS HELPS YOU

- Notice who already supports you without being asked, family, friends, neighbours, and thank them this week. When someone shares what they're working toward, try giving them one specific strength you see in them.
- You don't have to figure everything out alone. Every dream needs different kinds of support, it's about recognising who and what can help you move forward.

WHAT TO DO

Your facilitator will guide the group through giving each other Support Cards: Encourager, Problem Solver, Listener, Teacher, Connector, and Helper.

When someone gives your dream a card, note it below along with why they think it fits.

Support I received**One reason someone gave that I want to remember**

WHY THIS HELPS YOU

- When your plan hits a wall, try asking who else's dream or situation might connect with yours. Look for one person whose goals overlap with yours, even a little, and find a small way to support each other.
- Your years ahead are connected to other people. This isn't only about what you achieve for yourself, your experience can create opportunities for others, just as theirs can for you.

WHAT TO DO

As a group, connect everyone's dreams into one story, whichever version your facilitator chooses. Use the sentence starters below to note how YOUR dream connected to someone else's.

STUCK? TRY THIS — SENTENCE STARTERS

- One dream that could help another dream happen is ____, because ____.
- If ____ happened first, it would make ____ easier.
- These two dreams connect because they both need ____.
- Here's one way all of these dreams could happen at the same time: ____.
- "Yes, and..." — take whatever was just said and add to it, instead of shutting it down.

One dream that could help mine happen is ____, because ____

These two dreams connect because they both need ____

WHY THIS HELPS YOU

- Put your reminder somewhere realistic, your calendar, the refrigerator, a family photo, your diary, near the kettle, or next to your medication. Keep this action small enough to do in under 15 minutes.
- What matters to you may shift over time, but regularly asking yourself what still matters, and what your next step is, helps you stay true to yourself, whatever the years ahead bring.

WHAT TO DO

Sit with this for a moment: what matters to you? What kind of life do you want to keep building?

Write your declaration below.

Write one action you'll take this week.

What matters to you?

What kind of life do you want to keep building? Or, what do you want people to remember about you?

My Declaration: One thing that matters to me now is...

My first action this week
