

Dreams and Aspirations Module

My Companion — Youth

Name: _____

Date: _____

This page is your companion for the activities that your facilitator is running today. Use it to keep your own notes as you go, nothing here is graded, and there are no wrong answers.

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Future Deck

MANDATORY

WHY THIS HELPS YOU

- Whenever you feel stuck on a decision, a subject, a CCA, a part-time job, ask yourself which box on your grid it moves you toward. Revisit your ticked box once a month, if it still excites you, keep going, if it doesn't, that's normal, pick a new one.
- You don't need to know your entire future today. Having a sense of direction is often more valuable than having every step planned out, and telling one person close to you what you picked makes it more real.

WHAT TO DO

Look at the grid below.

Choose the ONE option that excites you most. Don't worry about whether it feels realistic today, choose it as if nothing was stopping you.

Write your answer to the question underneath.

☐ Career or craft	☐ Family and relationships	☐ Helping my community
☐ Adventure and travel	☐ Creativity and expression	☐ Health and body
☐ Learning and growing	☐ A stable, happy home	☐ Freedom and independence
☐ Being recognised for something	☐ Meaning and purpose	☐ Fun and play
☐ Write your own: _____	☐ Write your own: _____	☐

If I really lived this, what would my life look like?

WHY THIS HELPS YOU

- Notice who in your life already gives you 'Resource Cards' without knowing it, a friend who believes in you, a teacher who checks in, and say thank you to them this week. If you're ever stuck on your own dream, ask someone who knows you well what strength they'd give it.
- You don't have to figure everything out alone. Every dream needs different kinds of support, and learning to receive that support is part of building your future.

WHAT TO DO

Your facilitator will guide the group through giving each other Resource Cards: Encourager, Connector, Planner, Idea Generator, Listener, and Doer.

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

Strength(s) I received

One reason someone gave that I want to remember

WHY THIS HELPS YOU

- When your plan hits a wall, ask 'whose dream or plan could connect with mine here?' instead of assuming there's only one path forward. Look for one person this month whose goals overlap with yours, even a little, and find one small way to team up.
- Your direction isn't only about what you achieve for yourself. Your dreams can create opportunities for others, just as theirs can create opportunities for you.

WHAT TO DO

As a group, connect everyone's dreams into one story, chain, or documentary, whichever 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 declaration somewhere you'll actually see it, your phone lock screen, a mirror, a notebook cover, not just on the worksheet. Break your first action this week into something small enough to do in under 15 minutes.
- A direction only becomes real once you take a first step. At the end of each week, reread your declaration and ask 'did I move toward this, even a little?'

WHAT TO DO

Sit with this for a moment: what matters to you? What kind of person do you hope to become?

Write your declaration below.

Write one small action you'll take this week.

What matters to you?

What kind of person do you hope to become?

My Declaration: Something I'm working toward is...

My first action this week