

## Appendix

**Homework assignments of our pilot workshop****Imagining your Ideal Future**

You will start with some exercises of imagination that will help you warm up to the task of defining your future.

These will include questions such as "what could you do better?", "what would you like to learn about?", "what habits would you like to improve?". **For each step, think about the ‘why’: why is this important to you? What is the meaning behind this?** After briefly answering these questions, you will be asked to write for **15 minutes** about your ideal future, **without editing or criticism.**

**Note: You will not be prompted to present any of your answers to us or anybody else.**

**There are neither right or wrong answers, nor will you be evaluated in any way afterwards!**

**1.1. One Thing You Could Do Better**

If you could choose only one thing that you could do better, what would it be?

Think and write for at least **two minutes**, then move on.

**1.2. Things to Learn About**

What would you like to learn more about, in the next six months? Two years? Five years?

Think and write for at least **two minutes**, then move on.

**1.3. Improve Your Habits**

What habits would you like to improve?

- At school?
- At work?
- With friends and family?
- For your health?
- With regards to smoking/alcohol/drug use?

Think and write for at least **two minutes**, then move on.

#### **1.4. Your Social Life in the Future**

Friends and associates are an important part of a meaningful, productive life. Take a moment to consider your social network. Think about the friends you might want to have, and the connections you might want to make. It is perfectly reasonable to choose friends and associates who are good for you. Describe your ideal social life.

Think and write for at least **two minutes**, then move on.

#### **1.5. Your Leisure Activity in the Future**

Take a moment to consider the activities you would like to pursue outside of obligations such as work, family and school. The activities you choose should be worthwhile and personally meaningful.

Without a plan, people often default to whatever is easiest, such as television watching, and waste their private time. If you waste 4 hours a day, which is not uncommon, then you are wasting 1400 hours a year. That is equivalent to 35 40-hour work weeks, which is almost as much as the typical individual spends at his or her job every year.

If your time is worth \$25 per hour, then you are wasting time worth \$35,000 per year. Over a 50-year period, that is \$1.8 million dollars, not counting interest or any increase in the value of your time as you develop.

Describe what your leisure life would be like, if it was set up to be genuinely productive and enjoyable.

Think and write for at least **two minutes**, then move on.

### **1.6. Your Family Life in the Future**

Take a moment to consider your home and family life. Peaceful, harmonious family life provides people with a sense of belonging, support for their ambitions, and reciprocal purpose. Describe what your ideal family would be like. You can write about your parents and siblings, or about your plans for your own partner, or about your children, if any – or about all of these. What kind of partner would be good for you? How could you improve your relationship with your parents or siblings?

Think and write for at least **two minutes**, then move on.

### **1.7. Your Career in the Future**

Much of what people find engaging in life is related to their careers. A good career provides security, status, interest, and the possibility of contributing to the community. Take a moment to consider your school or work careers, or both. Where do you want to be in six months? Two years? Five years? Why? What are you trying to accomplish?

Think and write for at least **two minutes**, then move on.

### **1.8. Qualities You Admire**

People you automatically admire have qualities that you would like to possess or imitate. Identifying those qualities can help you determine who it is that you want to be. Take a moment to think about the two or three people you most admire. Who are they? Which qualities do they possess that you wish you had?

Think and write for at least **two minutes**, then move on.

### **The Ideal Future: Complete Summary**

Now you have written briefly about your future and have had some time to consider more specific issues. This step gives you the chance to integrate all the things that you have just thought and wrote about.

Close your eyes. Daydream, if you can, and imagine your ideal future:

- Who do you want to be?
- What do you want to do?
- Where do you want to end up?
- Why do you want these things?
- How do you plan to achieve your goals?
- When will you put your plans into action?

Write about the ideal future that you have just imagined for **15 minutes**. Write continuously and try not to stop while you are writing. Don't worry about spelling or grammar. You will have an opportunity to fix your mistakes later.

Dream while you write, and don't stop. **Whenever you mention something that is important you, also state why it is and what the meaning is behind this.** Write at least until the 15 minutes have passed. **Be ambitious.** Imagine a life that you would regard as honourable, exciting, productive, creative and decent.

Remember, you are writing only for yourself. Choose goals that you want to pursue for your own private reasons, not because someone else thinks that those goals are important. You don't want to live someone else's life. Include your deepest thoughts and feelings about all your personal goals.

**Thank you for your participation.**