

PERSONAL FUTURES PLANNING

(Developed by JoAnne Malloy and Gail Cormier, based on MAPS: The McGill Action Planning System or Making Action Plans)

This activity is used to help a student think about the future and plan ways to make dreams come true. It can be used with the youth alone, or with the youth and team. The comfort level and decisions of the youth should dictate who is present.

I. YOU WILL NEED:

- A facilitator
- A Time keeper
- Note taker
- Flip chart paper
- Markers
- 1-2 hours of dedicated time

Ground Rules:

- Youth, this is your meeting. This is for your life. Your ideas are most important and others are here to support you. All your ideas will be written down and no one will judge them.
- The ideas of other team members are helpful and important and will be written down.
- You can pass if you are uncomfortable and don't want to answer a question.
- If you or other team members want to say something negative, say it in as positive a way as possible.
- Team members need to wait until the last step before deciding what ideas should stay in and which are most important.
- Youth, you may add other rules for your team.

II. STEPS OF THE FUTURES PLAN

A. YOUR HISTORY

- ❖ WHAT HAS HAPPENED IN YOUR LIFE TO MAKE YOU "YOU?"
- ❖ WHAT ARE THE MOST IMPORTANT THINGS TO HAVE HAPPEN?
- ❖ WHAT ARE YOUR GREATEST ACCOMPLISHMENTS?
- ❖ WHAT WAS THE TOUGHEST THING THAT HAPPENED TO YOU?

B. WHO YOU ARE TODAY

- ❖ WHAT ARE YOU GOOD AT?
- ❖ WHAT ARE THE THINGS YOU LIKE?
- ❖ WHAT ARE YOUR SKILLS

- ❖ WHAT DOES YOUR LIFE LOOK LIKE TODAY?

C. WHO ARE THE PEOPLE IN YOUR LIFE?

- ❖ WHO COULD YOU COUNT ON?
- ❖ WHO IS IMPORTANT TO YOU OR WHO ARE YOU IMPORTANT TO?
- ❖ WHO IS IN YOUR INNER CIRCLE?
- ❖ WHO IS IN YOUR OUTER CIRCLE?

D. DREAMS!

- ❖ WHAT WILL YOUR LIFE LOOK LIKE IN 5 YEARS?
- ❖ NO BARRIERS; ANYTHING POSSIBLE?
- ❖ WHAT IS THE BEST THING YOU COULD ACCOMPLISH?
- ❖ WHAT IS YOUR DREAM LIFE?

E. FEARS, NIGHTMARES, DREAMS

- ❖ WHAT KINDS OF THINGS COULD PREVENT YOU FROM REACHING YOUR DREAM?
- ❖ WHAT DO YOU WORRY ABOUT?
- ❖ WHAT DO YOU NOT WANT TO HAVE HAPPEN?

F. GOALS

- ❖ WHAT DO YOU WANT TO ACCOMPLISH IN THE NEXT 5 YEARS?
- ❖ IN THE NEXT 2 YEARS?
- ❖ BY THIS TIME NEXT YEAR?

G. NEXT STEPS

- ❖ WHAT ARE THE FIRST THINGS THAT NEED TO GET DONE TO HELP GET YOU TOWARD YOUR GOALS?
- ❖ WHO SHOULD WE INVITE TO YOUR MEETING?
- ❖ WHO SHOULD WE SHOW YOUR PLANS TO?
- ❖ WHEN WILL WE HOPE TO GET THE FIRST STEPS DONE?