

 **BUILDING BLOCKS STUDENT WORKSHEET**

Picturing your future self

Your future self is the person you see yourself becoming as you grow into adulthood. What does that version of you need and want? Connecting with your future self can help you plan for your long-term goals.

Instructions

- 1 Imagine a possible future for yourself 10 years from now.
- 2 Answer the “Building your future self” questions below.
- 3 Using those answers, create an image of the future self you imagined.
- 4 After you create your image, answer the reflection questions on the next page.

Building your future self

In 10 years ...

1. How old are you? _____
2. What kind of work are you doing? _____
3. What kind of education did you need to get for that work?

4. How do you like to spend your time when you’re not working?

5. Where do you live? _____ Why there?

6. Do you have any pets? _____ What kind? _____
7. Where do you go on vacation? _____



8. What advice do you want to give to your younger self?

Reflection questions

1. What is one challenge you see to getting the future self you imagined?

2. What is one thing you can start doing today to overcome that challenge?