

Resources:

- Blank paper
- Coloured pens and pencils
- Craft papers/coloured papers
- Age appropriate magazines (for collage)
- Writing and drawing pens/pencils

Develops:

- Optimism
- Confidence
- Initiative
- Creativity

Fantastic Future Self

Visualising, capturing and developing a positive self-image

Have the learner imagine their most fantastic future self in great detail. This could be their learning self or their working self. It may help them to close their eyes and use their imagination to create a vivid scene in their minds.

Invite them to re-create their mental image on paper, by drawing or using collage. Encourage as much detail as possible.

A strong image of a positive future self can impact on career confidence and motivation. Encourage free expression and imaginative ideas. This is a creative exploration and not a plan.

Working one to one with the learner, or in pairs or small groups, use the following prompt questions to draw out more information about the Fantastic Future Self. From imagining, to drawing, to talking about their visualisations, participants are able to develop a strong sense of a positive future that begins to feel possible.

- What is future you doing?
- What is future you wearing?
- Whereabouts is future you? What place are you in?
- Who is future you with?
- What is different about future you?

