

Design Your Dream Life

Today you get to imagine your future without worrying about what you're "supposed" to want. Imagine you had all the time and resources in the world!

Your mentor is here to help you build it out through fun choices, questions, and conversation.

What You Will Need

- Your "My Dream Life" worksheet
- A poster board
- A pen, pencil, or markers
- Stickers to decorate
- Magazines for word cut-outs and printed images
- Scissors and a glue stick

The Steps

1. Sit down with your mentor and grab your worksheet. You'll fill this out together, talking it through as you go.
2. To start, answer one thing out loud: *"If anything was possible, my dream life would include ____."*
3. For each box, you will write words that come up. There's no wrong way to fill in a box!
4. First box: **Dream Place.** Where do you want to live? Is it a city, the suburbs, a beach town, another country? What does your home look like? What does your environment look like? What does it feel like to be in your dream place?
5. Next box: **Dream Job.** What would you do every day if anything was possible? Who do you work with or help? What problems are you solving? What feels exciting to you?
6. Next box: **Dream People.** Who is around you: a partner, kids, pets, friends, family, your community, people who inspire you?
7. Finish with: **Dream Doing.** How do you spend your time: hobbies, activities, adventures, interest areas, weekends?
8. If you get stuck on a box, talk it out with your mentor before you write anything down.
9. Use this to create your Dream Life board using a poster board to draw your 4 quadrants, add words, pictures, stickers—whatever gets the dream across!
10. When you're done, talk about your dream life with your mentor or someone at your table.
11. Take it home. It's not a plan you're locked into. It's a peek at a life you can dream about and keep building toward!