

**Fostering Futures *Goal-Setting Worksheet:***  
***Who Am I?***

What am I **good** at?

What would others (my **friends, teachers, colleagues**) say I'm good at?

What do I **like** to do?

What do I want to be doing **a year** from now?

What do I want to be doing **five years** from now?

## Fostering Futures *Goal-Setting Worksheet:*

### *“Sketch” of My Life*

As a person...	As a learner or “student”...	As a _____... (select something that you have strengths in)
...describe yourself	...describe yourself	...describe yourself
...what are your hopes?	...what are your hopes?	...what are your hopes?
...what are your fears?	...what are your fears?	...what are your fears?
...what are your expectations?	...what are your expectations?	...what are your expectations?

### *Possible Selves Reflection—What Can I Be?*

1. What stands out for you in your sketch?
2. Which column lists the most hopes?
3. Which column needs to be strengthened the most?
4. What are the main hopes you have for your life based on your sketch?

## Fostering Futures *Goal-Setting Worksheet: Part 3—Aiming for the Future*

Hope 1:	
Goal 1:	
Goal 2:	
Goal 3:	

Hope 2:	
Goal 1:	
Goal 2:	
Goal 3:	

Hope 3:	
Goal 1:	
Goal 2:	
Goal 3:	

## Activity 2F: Possible Selves Steps 5 and 6—Planning and Performing

### Fostering Futures *Action Plan—Achieving My Goals*

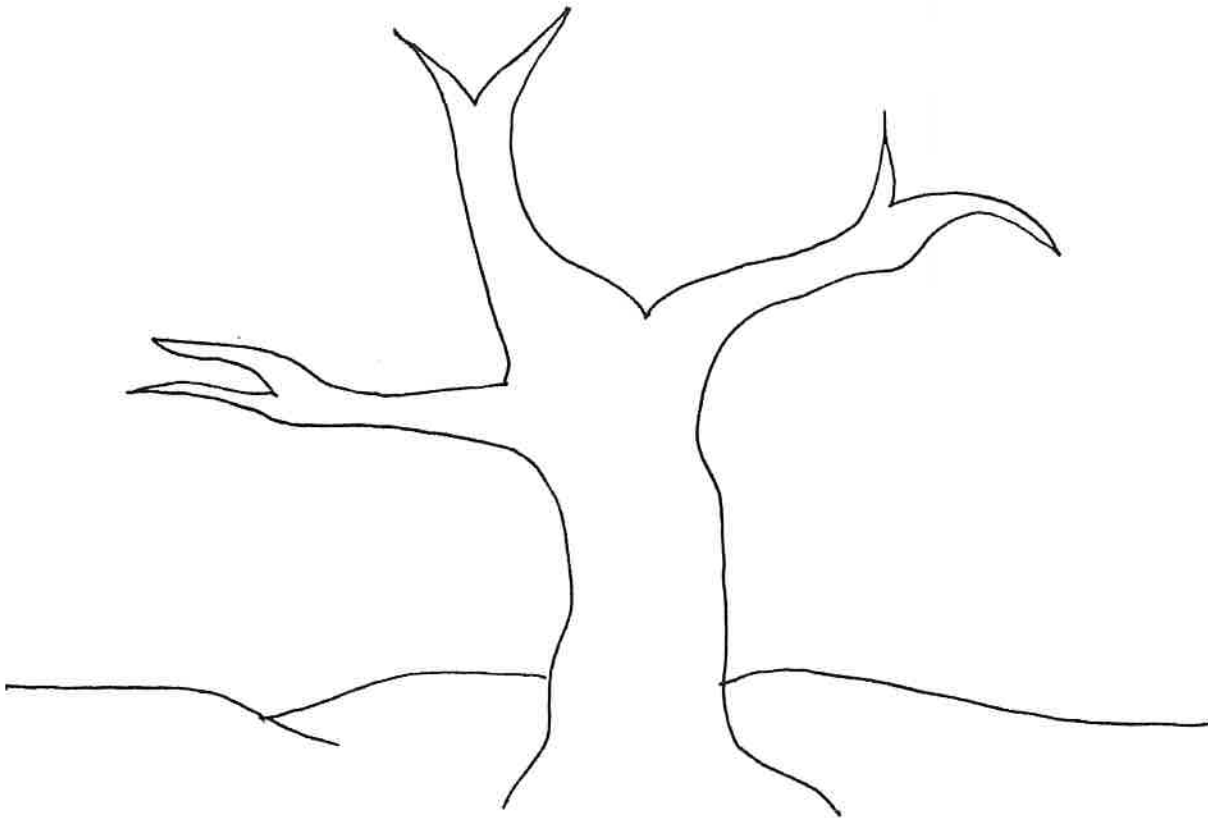
One of my hopes is to: \_\_\_\_\_

A goal to help me attain this hope is: \_\_\_\_\_

<b>Planning</b> Action Steps to achieve this goal (refer to driving/restraining forces)	<b>Deadline</b>	<b>Performing</b> Summary of progress toward completing action steps

Based on: Hock, M., Schumaker, J. and Deshler, D. *Possible Selves*. (2003) Lawrence, KS: Edge Enterprises, Inc.

## ***The Possible Selves Tree***



Source: Hock, M., Schumaker, J. and Deshler, D. *Possible Selves*. (2003) Lawrence, KS: Edge Enterprises, Inc.

Instructions: Sketch out this diagram for your Possible Self.

- Trunk = You (the whole person)
- Main Limbs = The three parts of the you who you hope to be in the future
- Smaller Branches = Individual, smaller, shorter-term goals to keep that main limb growing
- Roots = Descriptions or short phrases describing you now. Draw positive statements as long, thick roots and negative statements as short, thin roots
- Dangers = Things you fear might disrupt your growth. These can be represented by lightening, wind, rocks, clouds, toxins in the soil, etc.