

## 3. Vision Activity: Your 21st Birthday

Imagine it's your 21st birthday. You need to picture an unusual 21st at which your family and friends stand up and describe the type of person that you are for them. It's a celebration of the person you've become and all the things you've achieved so far in your life.

Think about the following questions. If you're drawing a blank, don't worry, simply move on and try the next one.

» What would you like your friends to say about you?

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» What qualities would you like them to admire in you?

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» How would you like to be described by your co-workers?

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» When they list your greatest achievements so far, what do you want them to be?

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» When they describe all the things you are still going to do, and the hopes they have for your future, what will they say?

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By creating a vision of what you would like to be in the near future, in different areas of your life, you often reflect the personal values that are most important to you in each of these different areas. Knowing yourself better – by figuring out what matters to you, and what skills or characteristics are most important to you – will help you to develop a positive vision for the future. Write down what you would like each person to say about you – your qualities, characteristics and achievements – in the following areas:

Professionally (things you have achieved in your work):

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Socially (relationships you have with family and friends):

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Personally (qualities you have as an individual):

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### Final Thoughts

If you could pick one of the above that you feel you're on track to make happen by the age of 21, which would it be?

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What about one of the above that you feel furthest away from achieving by the age of 21? And what can you do to accelerate your progress here?

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Should some of these hopes and aspirations be reframed as *dreams* that you've not taken action towards? Are some of them realistic *goals* that you are working towards? Do you think you are focusing and acting on the right things at the moment?

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