



Aligning Your Values with Your Future Life

As discussed in the Telling Your Story module, storytelling is a powerful tool for change. In this assignment you will be asked to create 3 different stories about what you want your future to look like. There are many ways this can be accomplished. You can write out a five year plan, create a vision board of what you want your life to look like by pasting pictures and words on a posterboard to depict your future, create a powerpoint, or make a list. Use whatever format feels best for you.

As you write your future story, keep in mind the following:

- Make sure your story aligns with your values.
- Put down your purpose work goals as well as fun goals like vacations or personal development.
- Try to think 5 years down the road.
- Write down your dream life and goals.
- What if anything was possible?
- What if everything you have ever known was taken away? What would you do?

Once you have your stories created, do the following:

- Tell someone your story. Which story are you the most excited about?
- Spend a few days pretending the story is your life. How does it feel?



- **Actually live the story if it's possible. (Ex: Are you thinking about starting your own cake decorating business?) Practice with friends and family for a few days.**
- **Do some 1,000 cups of coffee interviews (informational interviews) with people who do what you want to do.**
- **Ask some questions about your story.**
 - **How feasible is it?**
 - **Do you have the resources?**
 - **Is there a way to make it happen?**
- **If the stories are not resonating with you, create three more stories. Keep the process going until you find a story that you love.**
- **Make an action plan to achieve your story (The Family Transition Plan is a good resource). Be open to adapting the story as you execute it.**