

## My life hopes, dreams and aspirations

These are your hopes and dreams, use this page to write, draw, **imagine ...**

A large, empty rounded rectangle with a dashed orange border, intended for writing or drawing. The rectangle is centered on the page and occupies most of the lower two-thirds of the page. The border is a consistent thickness and color throughout.

## Exploring my hopes, dreams and aspirations

Check out your hopes and dreams you put down in the previous activity. Choose up to three that you would like to explore in more detail.

Write your hope and dream in the CIRCLE and complete the questions around it.

**Why do I want**

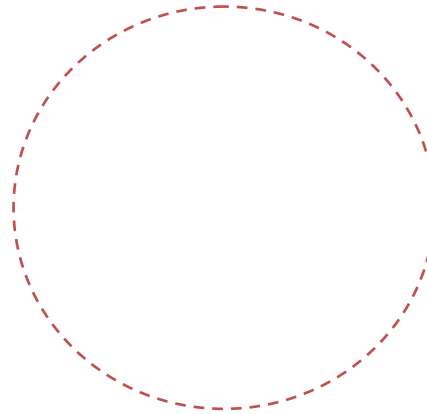
**to do this?**



**What skills do I  
have now that  
would be useful?**



**ASPIRATIONS/ HOPES/ DREAMS**



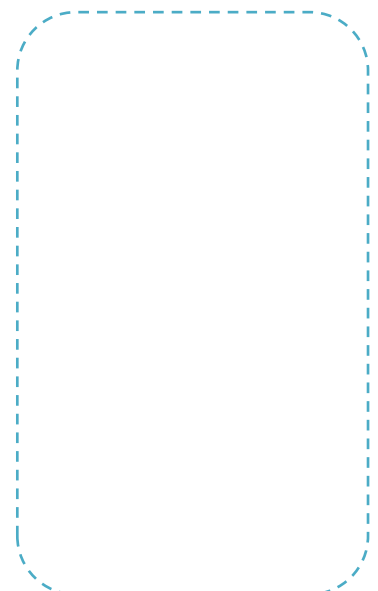
**What support would  
help me achieve this?**



**What supports do I  
have now that would  
be useful?**



**What skills do I  
need to do this?**

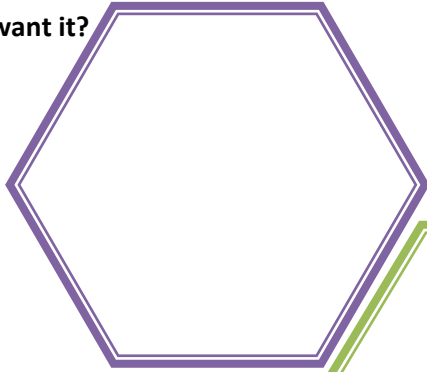


## Exploring my hopes and dreams

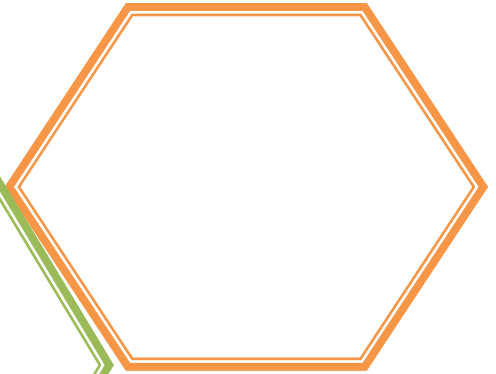
Check out your hopes and dreams you put down in the previous activity. Choose up to three that you would like to explore in more detail.

Write your hope and dream in the HEART and complete the questions around it.

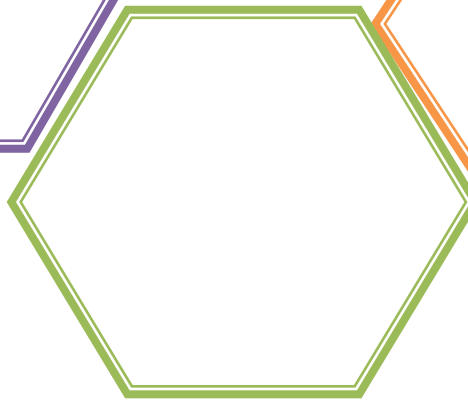
Why do I want it?



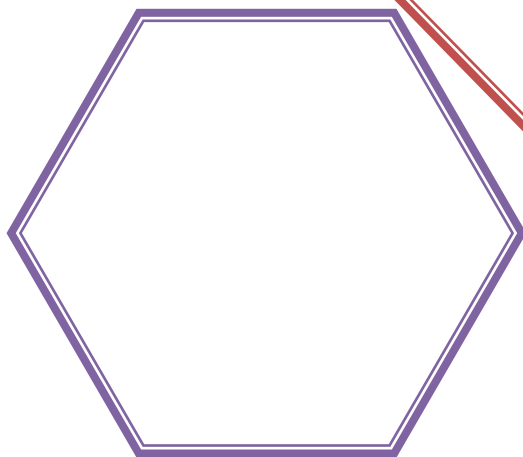
What skills do have now that would be useful?



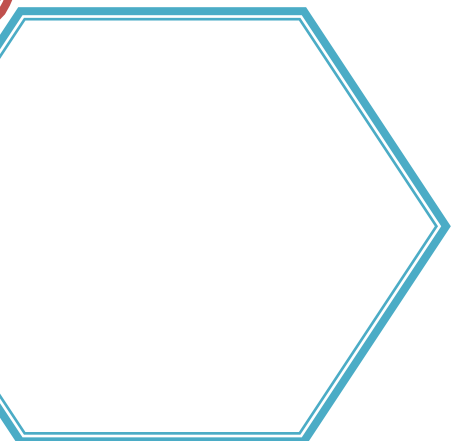
What supports would help me achieve this?



**ASPIRATIONS / HOPES / DREAMS**



What skills do I need to do this?



What supports do I have now that would be useful?

## Aspiration #1

**My aspiration is:**

**Timeframes**

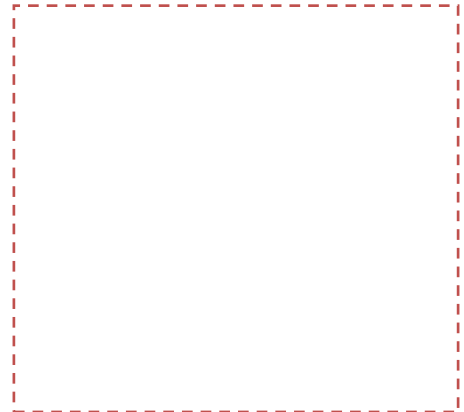
**My goal is:**

**Who or what can help me?**

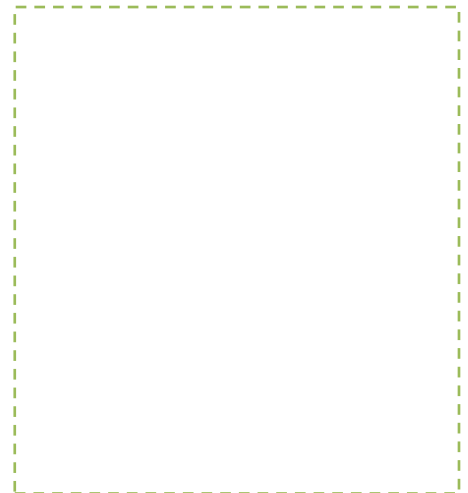
Within  
**3 months**  
I will have



Within  
**6 months**  
I will have



Within  
**1 Year**  
I will have



## Aspiration #2


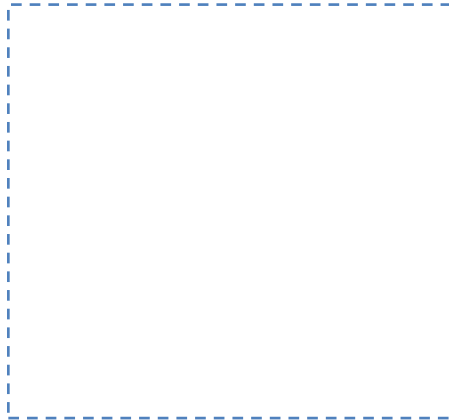
**My aspiration is:**

**Timeframes**


**My goal is:**

**Who or what can help me?**

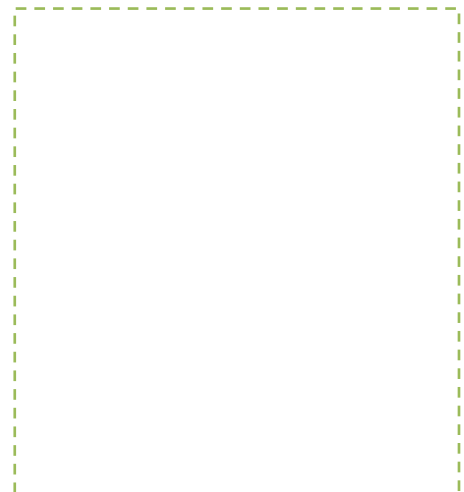
Within  
**3 months**  
I will have



Within  
**6 months**  
I will have



Within  
**1 Year**  
I will have



## Aspiration #3


My aspiration is:

Timeframes

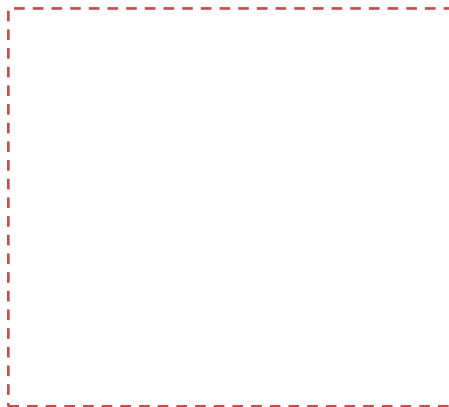
My goal is:

Who or what can help me?

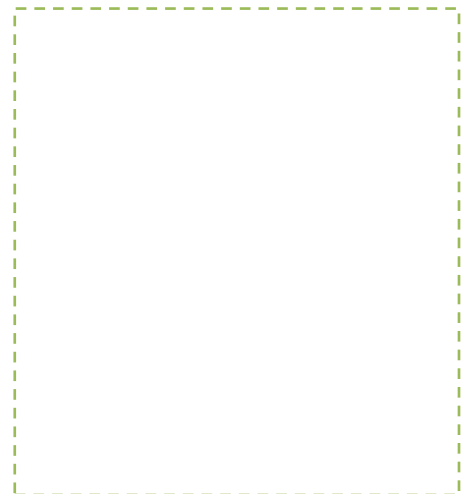
Within  
**3 months**  
I will have



Within  
**6 months**  
I will have



Within  
**1 Year**  
I will have



I would like to wish you good luck on your journey to achieve your hopes and dreams.