

EXPLORE

Me and my Community



Take a moment to think about the things that are really important for you and your community, those that are highly meaningful.



Life Achievement

First, picture yourself achieving what you most wish to accomplish in life. See yourself in an actual setting, explore your feelings of accomplishment and fulfillment. What is it that would make you feel so accomplished? What do you wish to achieve in your life? This can be a material thing, or an enduring feeling, the presence of people, an activity you cherish, or one that has meaningful results that make you proud and complete.



Making a Difference

Think of how you can make a difference through the work you will do in your future. Is there anything you wish to contribute to and change in the world? What is the one problem you would like to solve? Or is there

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The Roles I perform



Think about the roles that you fill right now in your life - for instance, as a student, a worker, a spouse, a sibling, a daughter or a son, a homemaker or a leisure-ite (that's you relaxing!).



Roles I invest most time in

First, focus on the left-hand side of the page and picture yourself in the most important roles, according to the time you spend doing each role in a regular day or week. Start with the role that takes most of your time and keep going down the list. You can draw, sketch, use keywords or even write a story!



Roles most meaningful to me

Now focus on the right-hand side of the page and think of the role that is most meaningful and important for you, for who you wish to be or to become in your life. Write this on top of the list, and continue with the other roles, in order of personal importance.

a group, an institution, a place, a setting where you would like to bring your contribution? Describe - draw, or sketch or write.

Community Values



Now, think about the things that are highly valued in your community - what do the people around you look up to as the most important, valuable thing in life? Do you share their views? Why/why not?

Role Models in the Community



Now think about the person or people that most inspire you, those that you greatly admire, models for you and what you wish to accomplish in life. First, focus on the people close to you - they might be family members, relatives or people in your community. Think about why they inspire you so much and try to identify the qualities that you most appreciate about them.

Role Models outside Community



Now, think of people outside your community, people that you admire and regard as models for your future. You can write down their name and a few of the qualities you admire about them. Or you can draw, sketch or use keywords to describe your inspirational figures.

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Interest areas - Offline



Hobbies

Take a brief moment to pause and think about the last moment you felt really happy doing something. When you have been feeling fulfilled, when you felt that what you are doing matters, or leading to meaningful results.

What was this activity?

Were you talking, or reading, or working with your hands?

Cooking, gardening, helping others?

Visiting a museum, playing a musical instrument, or doing sports?

You can describe one or more activities you really cherish. But most importantly, try to picture what is it that you love about doing that specific activity: does it involve talking, listening, helping, making things with your hands, or creating ideas in your mind..?

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Interest areas - Online



Social media platforms

Do you have an active social media life? What platforms do you use most? Instagram, TikTok, WhatsApp? Facebook? YouTube? Write them down. Think of the platforms you use most and underline them.

Surfing and posting

Now think of the time you spend on social media, and the things you obtain in return: do you use social media for fun and enjoyment? For getting specific information? For networking and meeting new people? How much do you post yourself, and about what? Which activities you do on your favourite social media platform? What about the other platforms - do you use them differently?

You can use keywords, draw or sketch arrows to link an activity to a social media platform.

People

Now think of the people you like having around. Are they family, community members, classmates, colleagues? Peers you meet for leisure activities? Why do you enjoy being with these people? What do you have in common? What do you share when you meet?

Places

Think of the places where you enjoy spending time. Why do you enjoy them so much? Is it the place, the atmosphere, the activities you engage in while in there, or is it about the people you meet in that place?

People and groups I follow

Now think about the people you connect with mostly on social media and the groups or communities you follow. Is this mostly about your friends? Are you part of interest groups and communities – such as fashion, sports, music, or local events? Do you follow celebrities or inspirational figures? Which ones, and why are they interesting to follow?

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Dream profession



Dream profession

Think of what you really wish to do as a profession or work in the future. Picture a specific occupation or professional role. Think why you want to work in that role, why it suits you. If you have not yet decided on a profession, write some options you could choose from, or describe the kind of work you would like to do or the sector - such as leisure and hospitality; office jobs; handiwork, something related to cars, or beauty, or fashion.



Outcomes and rewards

Now focus on how that profession or job would make you feel. Do you wish for a job that allows you to express yourself creatively? Or a job that makes you feel connected to people or a community? That allows you to be of help to others? That gives you the time & resources for

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Professional goal



Now that you have thought about your ideal, dream profession, think how reachable this profession feels to you. Do you feel capable of reaching out to it sometime in the future? Why? Why not?



Professional goal

Is there a realistic professional goal that you are pursuing? Is it the same or different from the dream profession? Write it down and think in what ways it feels achievable.



Skills I have

Having in mind the profession you target, take a moment to think about your qualities and skills. Are you very creative? Are you good at organising others? Are you a great cook? Or you always lend a hand to others?

Think of what your number 1. quality is, what others appreciate about you, but also

travelling? Or for enjoying more time with your family? Write, draw or sketch some of the expected rewards from your target profession.

Who or what inspired me



If you have already chosen a career, take a moment to think about the things that shaped your decision. Was there a defining moment that inspired your choice? What happened, and who inspired you?

If you have not decided yet, are there important people in your life that influence your career decisions? Who are they?

Use the space to describe or picture them - using drawing, sketching, keywords. Start with the most important person inspiring you and continue to the next.

and mostly what you believe that you are really good at. Reflect on how relevant these skills are for the profession you target.

Information sources



When you need information about career options and how to prepare for a career, where do you turn to? The school, people in your close circle, perhaps mentors or career advisors? Do you use online information at all? If yes, where do you search for it?

Skills I need



Now think of the skills you still need to gain - what other competences you need to perform your role in the future?

Draw, write, sketch these skills on the page.

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Support and Challenges



Support I have

Who supports you to achieve your job and career goals? Your family, spouse, the school, a mentor?

Picture these people (or organisations) and represent them on your board - with drawing, sketching, keywords.

Start with the most important person or organisation that supports you and continue to the next.



Challenges

Think of the biggest barriers, obstacles or challenges that stop you from fulfilling your aspirations. Be creative!

This can be about time that you don't have; it can be about money that you don't have; the support of family or tutors that you miss; or a diploma that

CONNECT



Power of social connections

In this part we will focus on actions that you can take to achieve your goals through the power of social connections!

We will identify together people and organisations that can help you and provide the sort of support you need to achieve your aspirations and goals, or to help you decide for yourself what they are.

First, take a look at the challenges you have identified and the support you would need most, in the **ENVISION** column.

Select the most important aspect to focus on, from the ones below:



If you have not yet decided on a profession and you find it challenging to choose, then you should focus below on the spot **Get inspired**.

you still need to obtain. But you can also have a hard time deciding what you wish to do next. Think attentively through what stops you from getting closer to your professional goal, and write down or draw the challenges.



Support I need

Imagine what it takes to overcome these big challenges: is this something you need to do? Do you need somebody to help?

Think of what is needed to help you move past obstacles, and who can help – you can draw, sketch or use keywords or even write a short story.

If you need support to build a better understanding of opportunities, self-confidence and advance steady along the way, then focus on **get mentorship**.



If you are missing skills vital for the profession that you aim for, then focus on **get skills**.



If on the other hand you have identified a profession and feel prepared for it, but don't know where to start from, then focus on **get access**.



If you require support beyond inspiration, mentorship, skills and access, then use the space on the board to write what it is, and we'll take it from there.