

## 2 Planning for a Positive Future Activity Plan



Use this as a finisher activity which could be delivered over several sessions. Consider reserving the final step for the last session.

### Activity 2.1



Start with a blank flipchart entitled: “Things that I like to do”, ask people to contribute to a list and write down what people say.

This is about things people enjoy doing with their time.

Don't judge or filter, just write them even if they might seem a bit off key or possibly harmful.

Let people feedback about the things they have chosen.

#### Resources

- Flip chart and marker
- Individual planning sheets

### Activity 2.2

Do a relaxation exercise tailored for the group.

After a relaxation exercise:

Create a guided fantasy about the future, where would you like to be in 10 years time. Imagine a perfect day in ten years and fill in all the details – where are you, who are you with, what are you wearing.

Bring people back into the room and ask if anyone would like to share goals that they have. Write down all the goals that are suggested.

Explain that research suggests that these fantasies alone will not help you reach your goals without planning.

#### Resources

- Flip chart and marker
- List of possible goals as a prompt

**📌** You can break at this point but make sure that you keep any flipchart lists of goals to refer back to. Explain that we are going to learn more about planning next week.

### Activity 2.3

Ask the participants to choose a goal to aim for.

Discuss: how you will know when you have reached your goal?

#### Resources

- Record responses around the measure: How people will know they have reached their goals

**📌** You can break at this point but make sure that you keep any flipcharts to refer back to. Explain that we are going to learn more about planning next week. You can link this final section to the “Physical Health” session at the end of the programme.

### Activity 2.4

Choose two different goals. Make a list of all the tasks required to reach the goals.

#### Resources

- Flip chart and marker
- List of previously identified possible goals

### Activity 2.5

Demonstrate how we can use the “Planning Sheet” to show how to achieve goals. Go through each square on the table and talk about what you could put in it. Ask the young people for suggestions.

### Activity 2.6

Commit to first actions! Explain that if you make a commitment in front of other people you are more likely to carry out the action.

#### Resources

- Use the “Planning Sheet” to record a deadline for first actions

#### Learning outcomes

- Understand how to use a planning tool
- Commitment to a meaningful cause
- Self Awareness