

# My Future Self – A Self-Discovery Journey

**Course Name:** My Future Self: A Self-Discovery Journey

**Course Duration:** 3 hours

## Course Overview:

**My Future Self** is a self-discovery course designed to help kids explore their personal interests, values, and future aspirations. Through a series of fun and reflective activities, students will gain a better understanding of their strengths, passions, and goals. This course encourages kids to think about the future, set meaningful goals, and start envisioning the path to achieving them. By the end of the course, students will have a clearer idea of their own identity and how to align their actions with their dreams.

## Pre-requisites:

- No prior knowledge required
- An open mind and willingness to reflect on personal interests and goals

## Who Can Take This Course:

- Kids aged 10-16
- Students who want to learn more about themselves and their future aspirations
- Those interested in personal growth, goal-setting, and self-awareness

## Applicable Careers Include:

- Life Coach
- Psychologist
- Motivational Speaker
- Career Counselor
- Personal Development Coach

## Course Syllabus:

### Module 1: Discovering Your Interests and Passions (1 hour)

#### 1. What are Your Interests?

- a. Introduction to personal interests: Hobbies, activities, and subjects that spark curiosity

- b. Activity: Students will create a "Passion Map" by listing things they enjoy doing in their free time (e.g., sports, arts, reading, coding)
- c. Reflection: How do these interests align with who you are or who you want to be in the future?

**2. Exploring Your Strengths:**

- a. Activity: Take a simple strengths quiz or do a self-assessment to identify personal strengths (e.g., problem-solving, creativity, leadership)
- b. Discussion: How can these strengths guide your future choices and success?

**3. Aligning Interests with Future Paths:**

- a. Guided reflection: How do your interests relate to potential future careers or areas of study?

## **Module 2: Understanding Your Values and Beliefs (1 hour)**

**1. What are Your Core Values?**

- a. Introduction to personal values and their role in decision-making and relationships
- b. Activity: Students will identify their top 3 values from a list (e.g., kindness, honesty, adventure, independence, success)

**2. How Do Values Influence Your Life Choices?**

- a. Group discussion: How do your values shape your everyday actions and future decisions?
- b. Reflection: How can your values impact the choices you make in school, relationships, and career?

**3. Aligning Values with Career Choices:**

- a. Explore how values influence career satisfaction and personal well-being
- b. Activity: Students will consider how their values could influence future career choices (e.g., working in a field that aligns with their core beliefs)

## **Module 3: Envisioning Your Future (1 hour)**

**1. Setting Goals for the Future:**

- a. Introduction to goal-setting and why it is important for personal growth and success
- b. Activity: Students will write down their short-term and long-term goals, focusing on academic, personal, and career aspirations

**2. Creating a Vision Board:**

- a. Guided activity: Students will create a visual representation of their future using images, words, and symbols (e.g., a vision board or mind map)
- b. Reflection: What does your ideal future look like, and how can you start working toward it today?

### **3. Building Confidence and Motivation:**

- a. Discussion on the importance of self-belief and staying motivated to reach goals
- b. Activity: Students will write a personal affirmation or mantra to remind themselves of their strengths and aspirations

### **Further Opportunities after Completing the Course:**

- **Goal-Setting Workshops:** Students can participate in more in-depth goal-setting and time-management workshops to help them stay on track with their personal aspirations.
- **Explore Career Paths:** Students can research various careers based on their interests and values and start connecting with professionals for insights.
- **Personal Development:** Continue to explore personal growth activities such as journaling, mentorship, or mindfulness practices.
- **Vision Board Updates:** Revisit the vision board as students grow and evolve, updating it with new goals and dreams.