



# Conversation with Older Self

**The Goal:** To think of the future in a safe environment through an envisioning activity.

**Materials:** Notebook paper, something to write with.

From time to time, we all think about our futures. Some of us have a plan and some of us don't quite know what the future holds. In either case, looking ahead and thinking about what you want your end to look and feel like can give you a sense of the steps to take to make it a reality.

**Step 1:** Envision yourself 10 years from now.

**Step 2:** What is this older version of you doing? Who surrounds you? How do you feel? Try to pinpoint as many details as you can about your future self. Describe this older self in as much detail as possible in writing.

**Step 3:** What is 1 thing you can do right now, today, that will lead you to that future reality? Write it down.

Even though you may not have all of the answers right now about what your path will be after high school, sometimes just knowing what you want your “finish line” to look like is the first step into mapping out how to get there!

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**Indigo Indicators:** *Internal: Self Direction, Feelings About the Future*

**CASEL Competencies:** *Self-Awareness, Self Management*

**Ramp Behavior Standard:** *B-LS 9 Gather evidence and consider multiple perspectives to make informed decisions*