



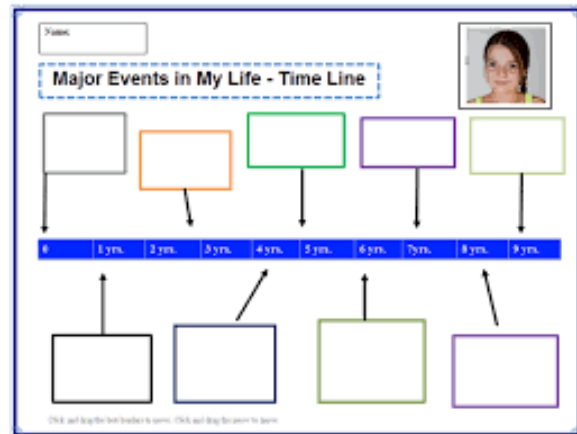
## Imagining Your Future Activity Instructions: Students

### Part one

Think about your life up until now. On a piece of paper, draw a timeline. Starting from when you were born, write down some events that shaped who you are today. Be as creative as you'd like – draw, use colors, stickers, whatever feels good to you! You don't have to include anything that you don't want to.

Here are some events you might want to include in your timeline:

- Where were you born?
- Who is in your family?
- What schools have you gone to? Have you moved houses or schools?
- What are some achievements you're proud of?
- What are some of the failures or challenges you've faced?
- Who inspired and helped you along the way?



### Part two

What does your future look like? Time to get creative! Complete three alternative 5-year timelines for your future.

- **Timeline 1** – What's your current plan for the next 5 years of your life?
- **Timeline 2** – Create an alternative future that involves healthcare in some way. What will you need to do to make that future happen?
- **Timeline 3** – what would you do with your future if money was no option?

