

Creating a clear vision for your life can help you shape a future for yourself rather than being influenced by other people.

In developing an exciting and compelling vision, first be honest about what you truly value and see as important. Secondly ensure your vision has realism, variety, detail and alternatives. Thirdly, keep re-evaluating your vision as it may evolve and change over time based on maturity and experiences. What you prioritise on the early days of the 'week of your life' may change by the weekend.

Leaving things to chance can mean that you don't fulfil your dreams in life, much like buying a ticket with the slimmest of chances of winning the lottery. To avoid this happening consider choosing priorities for your life from the lottery balls shown on the next few pages. There is even a bonus ball in there that can represent anything you want it to. Circle those that mean the most to you and that you want to have in your life.

Now think again about your future and out of those priorities you have already circled identify the top six (they can be from any section). Pick the ones that you have either not got at all, or not got enough of now, that will play a big part in helping you to be happy, fulfilled and able to realise your true potential as you go through the week of your life.

SURVIVAL



CONFIDENCE



RELATIONSHIPS



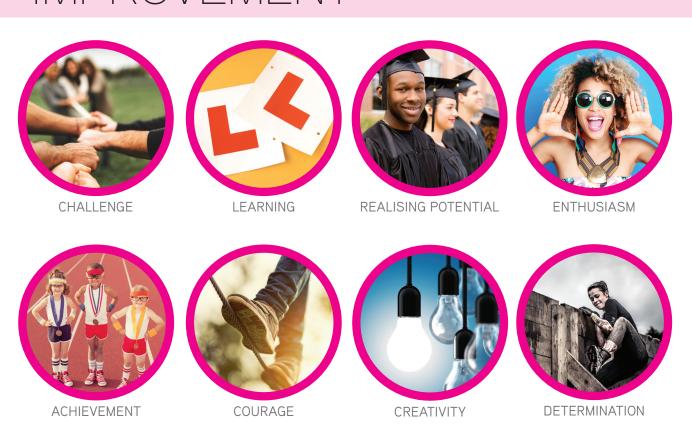
BELONGING

SUPPORT

IMPROVEMENT

UNDERSTANDING

TRUST



PURPOSE



TIME



YOUR NEXT CHAPTER

As you begin to consider the rest of the week of your life you are about to start a new chapter, so what do you want the SCRIPT of your next chapter to be? (Survival, Confidence, Relationships, Improvement, Purpose, Time).

Realising our full potential relies on us first having the basic foundations of life to survive, we can then begin to grow in confidence and develop our relationships. Continuing to improve can lead to a greater sense of purpose and the opportunity to create time to make a difference using our unique combination of skills and talents.

Using the colour coding below can help you to identify where your priorities lie in your future script.

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SURVIVAL

Building the foundations for my life

HEALTH, EMOTIONALLY WELL, MONEY, SECURE, HOME, FOOD AND WATER, RECOVERY. SAFE

C

CONFIDENCE

Developing belief in myself

POSITIVE, CONFIDENCE, RECOGNITION, SELF-ESTEEM, RESILIENCE, SKILLED, IDENTITY, FUN



RELATIONSHIPS

Connecting with others

LOVE, FRIENDSHIP, FAMILY, COMMUNITY, UNDERSTANDING, TRUST, BELONGING, SUPPORT



IMPROVEMENT

Growing personal potential

CHALLENGE, LEARNING, REALISING POTENTIAL, ENTHUSIASM, ACHIEVEMENT, COURAGE, CREATIVITY, DETERMINATION



PURPOSE

Finding meaning in my life

CONTENTMENT, CHOICES, SPIRITUALITY, BE MYSELF, MEANING, FOCUS, RESOURCEFUL, PASSION



TIME

Giving time and talents to others

CARE, FREEDOM, CONTRIBUTION, GLOBAL CITIZEN, SHARING, WILLING, SERVICE, BONUS BALL

Make a note of the six lottery balls you have chosen in the 'See It' section of your iCan poster.

By each highlight:

Why is this a priority for you?

What this priority will look like when you have got it?

How can you make this priority happen?