

My Future Plans

Your future can be shaped to be different and better, and right now you have time to really think about this.

For this activity, spend some time thinking about how life is different right now.

Think about the ways in which it is better.

Think about the things you can't do right now but that you are looking forward to doing again.

Think about the things you'd like to do more (or less) in the future.

Use the table below to write or draw the things you would like to do more or less of to help you to plan for the future.



Today

How is life different?	e.g. I can only go outside once a day.	
How is life better at the moment?	e.g. I am spending more time with my family.	
What are you looking forward to being able to do again?	e.g. I am looking forward to playing with my friends.	

The Future

In the future, what would you like to do more?	e.g. I would like to be kinder to my friends and be less cross.	
In the future, what would you like to do less?	e.g. I would like to worry less about my marks in my spelling tests.	
In the future, what new things will you try?	e.g. I want to join a gymnastics club.	
How will these future plans make you feel?	e.g. I think I will feel happier.	

