

Pit Stop 9: The Power in My Future

Facilitator Focus:

Purpose 1:

To help participants begin to define the personal and professional future they want to build.

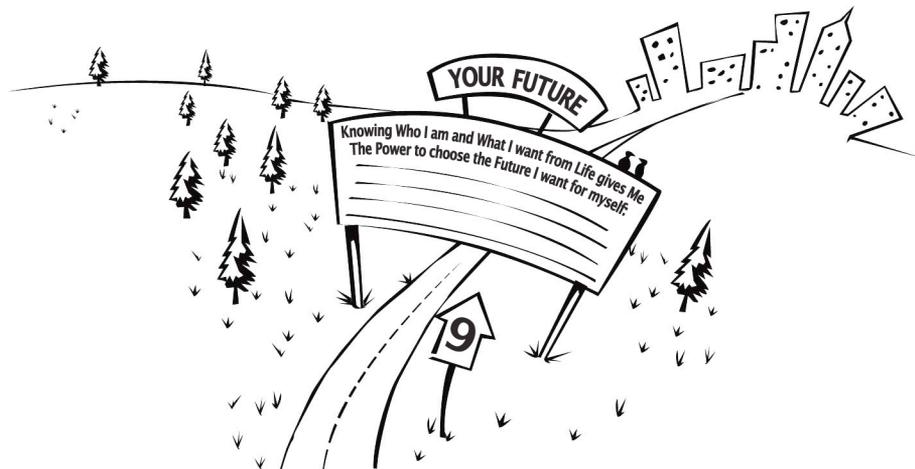
Purpose 2:

To help participants identify steps they can take to create that future.

Purpose 3:

To help participants identify what talents they have to offer the world of which they are a part and how they can socially contribute.

This specific lesson can be taught in two to three parts due to the depth of brainstorming required. Thoughtful coaching by the facilitator is essential to the outcomes in this portion of the program.



The Power in My Future

Why is it important to identify what you want in your life?

So you can make choices that move you towards those goals.
So that you have a way to measure if you are truly traveling on the path that is right for you.
So you can be satisfied and appreciate yourself when you get something you want or somewhere you want to go.
So you are sure to get what you want

Why are people sometimes scared to name their ultimate hopes and dreams?

Fear of sounding silly/crazy/unreachable
Fear of being made fun of
Fear of taking responsibility
Fear of failing

What can happen if you *don't* identify what you really want?

You may not achieve what you want to achieve
You may make bad choices b/c there is no clear plan for your life
You may fall under the influence of other people when you have no clear map of your own
The world will miss your unique contribution

How many of you already know what you want to do with your future?

Those that know, should be called on to share their plans at this time. Ask them to not only share what they want but what actions they are taking to make it happen. This will help you determine how much work they need to do on the following pages. Often times, a participant knows what they want but little idea about how to get there. This program has hopefully brought them closer to that knowledge and the following exercises will help them apply what they have learned in a way that is usable.

The Power in My Future

What if I DON'T KNOW what I really want from life?

That's OK! Lots of people don't know what they want. The important thing is that you keep searching for the answer! Try asking yourself some of the following questions to get your mind rolling. You can also go to your map at the end of your workbook to find some of these answers! Remember that his process is about exploring what you really want from life, so there are NO wrong answers!

Is there something in my Individual Values that I could spend my career improving in this world?

Go to your map and copy your *Values* down here:

Brainstorm! What are some professions that promote your Individual Values?

Justice... FBI, police work, judge, criminal investigator

Honor...military, ministry,

Beauty... janitorial work, landscaper, home builder, horticulturist

Education... teacher, principal, school counselor, writer, textbook sales

Fitness... personal trainer, gym manager, dietician, nurse

Enlightenment...writer, speaker, teacher, yoga instructor, masseuse

Visit our website to get career ideas to help facilitate this discussion.

What am I naturally good at?

Go to your map and write down some of your natural abilities here:

Brainstorm! What are some professions that make good use of the skills you *already* have?

Computer Savvy... web page coding, programming, IT specialist

Leadership...management, teaching, recruiting employees

Care about the well-being of others... Human Resources, ministry

Analytical... engineering, teaching, data collection, city planner

Kind hearted...doctor, nurse, social worker, counselor

Reasonable... judge, lawyer, mediator, corporate negotiator

The Power in My Future

What activities actually give me energy?

Go to your map and write down some of the activities that give you energy:

Brainstorm! What are some professions that would allow you time and opportunity to engage in some of your 'energy giving' activities?

Reading... editor, movie director, bookstore staff member
Running... track coach, personal trainer, tennis shoe salesman
Listening to music... writing music, recording music, picking music for advertising campaigns, producer
Cooking... chef, grocery buyer, food service, food salesman
Driving my car... car salesman, auto engineer, marketing for car companies, mechanic

What activities actually drain my energy?

Go to your map and write down some of the activities that drain your energy:

Brainstorm! What are some professions you might want to avoid because they involve too many activities that will drain your energy and stress you out?

I don't like to sit in one place all day... I should probably avoid desk jobs.
I don't like to approach people I don't know. I should probably avoid sales jobs.
I don't like to stand in front of a group and talk. I should probably avoid teaching and/or facilitating.
I don't like to be really structured. It takes away from my creativity. I should probably avoid jobs that don't allow flexibility.
I don't like to be away from home a lot. I should probably avoid jobs that require a lot of travel.

The Power in My Future

What kind of people (or species) do I enjoy working with? What age? What race? Are they sick or handicap? Young or old or my age? Do they live in this country or some where else in the world? Where do they work? Where do they live? How do they fit into the world?

Brainstorm! Write down the type of people you enjoy working with or helping:

I love to spend time with my little brother who is 5 years old.
There is a man with Down-Syndrome that lives on my block and I enjoy talking to him.
I enjoy spending time with my grandparents. Old people don't really scare me like they do some people.
I speak Spanish and English really well. I like spending time with people who speak Spanish. It's fun!
I have a real sensitive spot for all those kids infected with AIDS in Africa.
I don't like to see animals being abused.

Brainstorm! When you look at the type of people you enjoy working with, do you see clues for your future?

What professions would allow you to work with these people on a regular basis?

Kids... Could I be a kindergarten teacher?
Mentally handicapped... Could I work in a home that serves and cares for these people?
The elderly... Could I be specialized nurse for this population?
Spanish... Could I become a Spanish teacher? Maybe in high school or even at the college level?
AIDS victims in Africa... Could I join a team of researchers who are focusing on this problem? Could I spend a year in the Peace Corp.?

What are some of my favorite things to do for fun? What am I passionate about? What am I interested in?

Brainstorm! Do you have hobbies or sports or creative talents you could turn into your profession?

Basketball ...Can I be a coach?
Listening to my friends and even stranger's problems... can I be a therapist?
Playing the violin... Can I be a professional player or a teacher?
Art... Can I be a graphic designer? Or a painter? Or a children's book illustrator?
Writing... Can I be a copyright professional? An editor? An author? An English teacher?

The Power in My Future

What contribution can you make?

*"Be the change you wish to see in the world."
Mahatma Gandhi*

"Never doubt that a small, group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." Margaret Meade

Everything you've learned about the *inside* of your SELF up to this point, is coming together for something important *outside* of your SELF. Knowing who you are day in and day out, what you really care about, what makes you angry, what makes you happy, what fills up your gas tank, what holds you back... and all the parts of your unique design is fantastic. It's important. It's essential in STARTING to find joy and peace in your life. And yes, it's only a start. There is MORE to it. Once you've mapped the road within your SELF, you need to continue paving the road to the outside world. It's tempting to stay inside once you've finally figured out who you are after so much searching. It feels like sweet relief to finally know your SELF well and become friends with that SELF. Many times people want to just hide out and protect themselves... fearful that the world will try to steal their inner peace. And that's okay... for a *little* while. It's important to get comfortable with all the wonderful things you've learned about your SELF and try them out one day at a time in safe places. *But don't linger too long.* The world needs you. And if you stay focused on your SELF too long and too intensely, you'll lose sight of the greatest joy and peace you can find... *giving to other people.* Now this concept seems a little funny at the end of a program called 'Map the Road Within', but it actually fits perfectly. You map the road within, so you can use what you know about yourself to give back to the world in a way that fills you up and also helps the universe!

Why is it important to use your unique identity to GIVE BACK to the world?

The world is hurting in many ways and you can help.

You will feel rewarded in ways you never imagined.

You can take your mind off your own troubles by helping others with theirs.

You can gain new perspective on many issues and circumstances.

You will be the only one who can help in your own unique way.... in other words you have something to offer no one else ever will.

The Power in My Future

What might you receive in return when you GIVE BACK to the world using your unique identity?

Many of the answers will be the same as you just got for the last question. That's great! The point here is to see that the world benefits AND they benefit at the same time!

Relationships.

Joy.

Energy.

Why do many people miss this part of the puzzle to joyful living?

They don't think they have anything worthy to give

They don't have time.

They don't know how important it is.

They don't know themselves well enough to give back in a way that brings them personal joy.. (But YOU DO!)

Take a look into your own identity and begin to define what you have to give to the world...

Is there something in my Individual Values that tells me how I can help?

Go to your map and copy your *Values* down here:

Visit our website to get volunteer ideas to help facilitate this discussion.

Brainstorm! What can you do to help the world and promote your Individual Values at the same time?

Wholeness... I can volunteer at the local battered women's shelter where people are working to put their lives back together.

Beauty... I could volunteer to help litter control in my community

Education... what can I do to support younger kids and help them stay in school?

Human Dignity...There are many groups of people who are severely underprivileged. What can I do to help?

Humor...Could I visit the children's cancer unit of the local hospital and make them laugh? Laughter heals!

The Power in My Future

What am I naturally good at?

Go to your map and write down some of your natural abilities here:

Brainstorm! Considering the natural abilities above, what are you naturally gifted to help with?

I am disciplined so I can help other students study and stay focused.

I am organized, so I could volunteer to help my teacher get her files in order or help in the classroom.

I am computer savvy, so I could help people who are not!

I am positive, so I can help others see the silver lining.

I am sincere, so I can tell someone a truth they need to hear.

I am reasonable, so I can help people see two sides of a situation.

I am imaginative, so I could help a local nonprofit create a good way to get volunteers to sign up.

What activities actually give me energy?

Go to your map and write down some of the activities that give you energy:

Brainstorm! How could you combine your refueling activities with a helpful cause so that you are doing something good for yourself and the universe at the very same time?

I like to walk dogs to refuel. I could offer to walk elderly people's dogs.

I like to read. I could volunteer at my local literacy center.

I like to play board games, I could become a Big Brother/Big Sister for a younger kid who needs after school support.

I like to listen to music. I could start researching and making a list of songs that inspire people and post them on My Space profile.

I like to take long walks. I could take a small sack with me and pick up litter as I go.

The Power in My Future

Go back to page 107 and review the people you enjoy working with. Write them down here again.

I love to spend time with my little brother who is 5 years old.
There is a man with Down-Syndrome that lives on my block and I enjoy talking to him.
I enjoy spending time with my grandparents. Old people don't really scare me like they do some people.
I speak Spanish and English really well. I like spending time with Spanish speaking people.
I have a real sensitive spot for all those kids infected with AIDS in Africa.
I don't like to see animals be abused.

Brainstorm! When you look at the type of people you enjoy working with, how could you help them people on a regular basis as a volunteer?

I could volunteer or even get a job at the local Boys & Girls Club
I could volunteer to raise money for the local Adult Development Center that aids handicapped adults.
I could go to a nursing home once a week and read to or play cards with the residents.
Spanish speaking people: Could I help ESL students in some way?
AIDS victims in Africa: What organizations support these people right now? How can I raise money or raise awareness? Do I want to go there some day? What is my plan for doing so?

Go back to page 107... Do you have hobbies or sports or creative talents you could turn into your profession?

Riding Horses... Could I volunteer at our local horse therapy center?
Playing baseball...Could I coach a kids baseball team in a underserved neighborhood?
Painting... could I teach classes at the local nursing home?
Researching... Could I volunteer in a politician's office?
Writing... Could I write copy for a nonprofit to help their cause?
Playing the violin... Could I play for people in the hospital?

The Power in My Future

Naming what you want from life is a GREAT start. Now you need a plan to start working towards your goals right now. In order to make a plan to meet the goals you have set for yourself, you need to identify the potential obstacles you are facing in reaching those goals. Being honest with yourself and your focus will keep you on the right track.

MY CAREER:	<i>What could keep me from reaching this goal? (A FEAR or an ACTION)</i>	<i>What needs to change for me to reach this goal?</i>	<i>What is my action plan to create this change?</i>	<i>Am I willing to pursue this goal?</i>
I want to be a lawyer and possibly a politician. I want to make a positive change in society!	Anything on my police record could keep me from this goal.	I need to stop drinking and driving. If I go to a party and only have two beers and get pulled over for anything, it will go on my record and possibly keep me out of law school. Besides, if a party gets busted that will hurt me, too.	I need to find some people to hang out with that don't have to go to parties every weekend or I need to NOT drink when I do go.	

The Power in My Future

MY FAMILY:	<i>What could keep me from reaching this goal? (A FEAR or an ACTION)</i>	<i>What needs to change for me to reach this goal?</i>	<i>What is my action plan to create this change?</i>	<i>Am I willing to pursue this goal?</i>
I want to marry a person who respects me and lets me be my own person.	If I date people who treat me bad now, I might start lowering my expectations.	I need to make a point to only date people who treat me with respect and support me in what I do.	I will write down how I expect a person to treat me and I will only date people who can get close to the list. I will also treat others with the same respect, so hopefully I will attract the kind of person I want.	

The Power in My Future

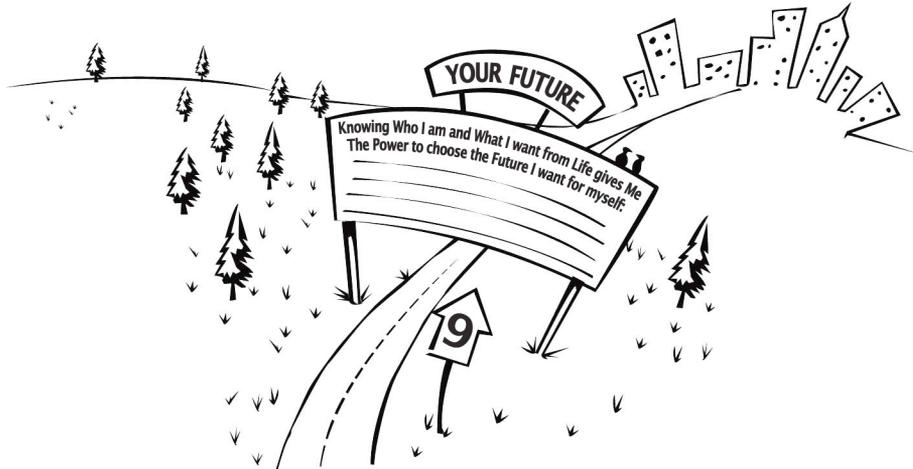
MY INNER PEACE:	<i>What could keep me from reaching this goal? (A FEAR or an ACTION)</i>	<i>What needs to change for me to reach this goal?</i>	<i>What is my action plan to create this change?</i>	<i>Am I willing to pursue this goal?</i>
I want to be content with the way I look.	I am too hard on myself. I am never happy with myself when I look in the mirror.	I need to appreciate myself and look for the good things about me. I need to realize I am totally unique and one of a kind.	I will make a list of five things I really like about my looks. Maybe it's my hair or my smile or my nose... I will read that list out loud in the mirror every morning.	

The Power in My Future

MY SOCIAL CONTRIBUTION:	<i>What could keep me from reaching this goal? (A FEAR or an ACTION)</i>	<i>What needs to change for me to reach this goal?</i>	<i>What is my action plan to create this change?</i>	<i>Am I willing to pursue this goal?</i>
I want to fight global warming.	I don't know enough about global warming to carry on a smart conversation about it, but I know it's important.	I simply need to educate myself about the topic. There have to be a million websites. I need to weed through the info and try to find real facts, too.	I will schedule 15 minutes each week when I am at the computer to start digging around and researching global warming.	

The Power in My Future

Go to the map at the end of your workbook and use the icon that looks like this. Write down important discoveries you've made about what you want to do with Your future!



Congratulations!

You have officially mapped Your Road Within!
Turn the page to find a YOUR InnerState1 road map.
May this map be your guide to the future you dream of!