

Create a Future Facilitator Instructions

The Create a Future activity will encourage learners to begin visualizing the future they want for themselves, and to see themselves in a positive, successful light.

This activity will be done within triads, and each member will take a turn in each of the roles. Provide the following instructions:

First, Person “A” takes 2 minutes to tell their “life story” to Person “B.”

Next, it’s now 10 years in the future and Person “B” takes 2 minutes to tell “Person C” about all of the positive and wonderful things Person “A” is now doing in the future.

Now, trade roles, and Person “B” tells their life story to Person “C,” who will then tell Person “A” about Person “B”’s life 10 years in the future.

Continue in this manner until everyone has had a turn in each role. Use a stopwatch timer to keep the timeframes on track.

While these instructions will likely sound confusing to everyone initially, learners will quickly catch on and understand the pattern and process they need to follow.

This activity will be used just prior to learners’ writing their own affirmative stories for the future. Before transitioning to writing, take a few moments to lead a discussion with the group exploring how it made them feel to hear the stories others told about their futures. Did they have any insights? What were the most amazing things that people heard about themselves?

Note: One of the things that makes this activity effective is that the future stories that are created are based on the actual lives of the participants. And when they tell their “life story,” the elements that are most important are usually the things they talk about. The other members in the triad only have this information to work with in creating a future, so their stories often have elements of real potential in them.

Now bring the full group together to debrief and reflect on their experience. Topics to be explored include: How did they feel as they were creating their stories? What was frustrating? How well did their story reflect actual experiences that the learners have had? Ask other relevant questions based on your observations while the activity was in progress.

Finally, ask learners to spend a few minutes writing reflections on this activity in their workbooks. A specific question to focus and guide the reflection will help learners make more meaning from the activity – such as: What did you recognize about yourself and the stories you tell yourself during this activity?

