



My Ocean of Dreams



Ship Mate

Here are six steps to help you feel positive about your future.

1 MY BIG DREAM

If anything were possible, what would you like to achieve one day?

2 PLACES I WOULD LOVE TO EXPLORE



Imagine you had your own boat. Where in the world would you want to explore?



3 THE PERSON I DREAM OF BECOMING

Circle below:

Kind - **Brave** - Funny -

Confident - Creative -

Helpful - Adventurous -

Calm - Clever - **Strong**



4 THINGS I WOULD LOVE TO TRY

Write three things you would like to try one day:



1.



2.



3.

5 MY FUTURE ADVENTURE

Imagine it is 20 years from now



Where do you imagine yourself?



The people around me might be:



I might be doing:



One thing I hope I will be proud of is:



Imagine your dreams are different islands in your ocean. Write or draw them below:



Remember...

Every dream, small step and new experience can help you discover who you are and where you want to go.

MY PROMISE TO MY FUTURE SELF

One small step I can take towards one of my dreams is:

Name:

 Date:



I dream of finding my forever home.