



The Stories of Life: Exploring Future Identity

1. Who are you becoming as a result of this experience?
2. How does this event help you fulfil your hopes and dreams for the future?
3. What skills and knowledge might you acquire through this experience?
4. What values will support you in achieving a change?
5. Who else supports this future view of yourself?
6. Who is against this future self?
7. What else stands in the way of you achieving this future?