









My life, my future

	<u>Time frame:</u> ~ 40 - 60 min
	<u>Location:</u> indoors
	<u>Participants:</u> 4 – 12 participants
	<u>Material:</u> tables and chairs to work at; old journals, magazines, newspapers; big sheets for the collages; scissors, glue, pens;
	<u>Procedure:</u> The participants shall imagine they are old and look back to their lives. These lives were fine and satisfying. ⇒ What happened and what did they reach? The participants get journals, magazines etc. Each person shall do a collage that presents her/his satisfying life. The participants present their collage to the others. If the person allows the group can discuss how this wishes can be transformed in realistic goals or intermediate steps.
	<u>Goal / purpose:</u> realise own wishes and aims, setting goals
	<u>Questions for discussion:</u> - What do you want to reach in your life? - What are your aims and goals? - What is valuable and meaningful to you? Second step: - How can these wishes be transformed in realistic goals? - How can they be reached? What are the first / the next steps to come closer to these goals? (only have a first brainstorming and collection of ideas)
	<u>Source</u> According to Jugert, Rehder, Notz & Petermann (2006). <i>Fit for life. Module und Arbeitsblätter zum Training sozialer Kompetenz für Jugendliche</i> . Weinheim: Juventa.