

# MY EMPOWERED SELF

**INSTRUCTIONS:** Answer the following questions about your future plans.

## AFTER HIGH SCHOOL, I WANT TO: \_\_\_\_\_

- Work     Go to college     Live at home     Go to a trade school     Move out
- Join the military (branch: \_\_\_\_\_)     Travel abroad     Take a year off     Other: \_\_\_\_\_

## WORK LIFE \_\_\_\_\_

Job I want to have: \_\_\_\_\_ Place I want to work: \_\_\_\_\_

Annual salary I'd like to make: \_\_\_\_\_ How I'd spend my money: \_\_\_\_\_

## LIFESTYLE \_\_\_\_\_

State or country where I'd like to live: \_\_\_\_\_

What features will my home have? (Number of bedrooms, swimming pool, large yard, etc.)

\_\_\_\_\_  
\_\_\_\_\_

What car will I drive? \_\_\_\_\_ Do I want to get married?  Yes  No

How many children do I want to have? \_\_\_\_\_

What hobbies, organizations, or activities do I want to be a part of?

\_\_\_\_\_  
\_\_\_\_\_

What will my social life and circle of friends look like?

\_\_\_\_\_  
\_\_\_\_\_

What will my relationship with my family look like?

\_\_\_\_\_  
\_\_\_\_\_

## HOW I'M FEELING ABOUT MY FUTURE: \_\_\_\_\_

- Excited    Stressed    Optimistic    Pessimistic    Sad    Happy
- Angry    Curious    Enthusiastic    Overwhelmed    Confident    Anxious
- Hopeful    Prepared    Unprepared    Calm

What steps do I need to take or changes do I need to make to help my future look the way I'd like it to?

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What help do I need from others to achieve my goals?

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Is vaping/smoking/doing drugs a part of my future? \_\_\_\_\_

When I get older, I want to look back and say, "I've lived a \_\_\_\_\_ life."