



Ideas Sheet

Think about what you have done in the past, what is happening now, and what you want to do in the future.

This is a useful activity for thinking about big events or 'milestones' in your life.

It is particularly useful for thinking about how your life now compares with times in the past, and how you expect or hope things will be like in the future.

You can use this activity to think about different aspects of your life, e.g., life skills and training.

It is up to you how far back into the past and how far forward into the future you want to you think about.

You can use the *Past, Present and Future* template (sheet ref: T3) for this activity.

You can add time intervals (e.g., months or years) if it helps.