

nurturing potential



Session: 'Your Life of Purpose – Positive Predictions'

Pre-session Preparation

Copies of worksheets

Two minute recap of last session.

Hand out 'Your Life of Purpose – Positive Predictions' worksheet for personal notes

Ask children to write their name, date, and session number on the top of the sheet

Learning Objective

Personal goal setting – keeping it positive!

This session is all about the individual

Using the information we have discussed during Stress-Free-Kids™ sessions, individuals make positive predictions of what they would like their options to be for the next 10 YEARS.

- What do they need to do? What would they like to do?
- What will they do if their first choice doesn't work or happen?
- What can they do now to make their options happen?
- How do they need to do it? How old will they be?
- When do they need to do it? When will they be able to do it?
- Where do they need to do it? Where can they find more information?
- Why do they need to do it?
- Who do they need to work with, or talk to?

Participants should be prepared to share their thoughts with the rest of the class and provides an opportunity for some to receive personal coaching to demonstrate how to think further about what they want to achieve and how to get there.

Relaxation – Last 5 minutes

Close session – thank participants for their time and contribution.



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Name:	Date:
Session Number:	Session Name: Your Life of Purpose Personal Predictions for the next 10 Years

This session is all about YOU!

Using the information we have discussed during Stress Free sessions, make positive predictions of what you would like your options to be for the next 10 YEARS.

- What do you need to do? What would you like to do?
- What will you do if your first choice doesn't work or happen?
- What can you do now to make your options happen?
- How do you need to do it? How old will you be?
- When do you need to do it? When will you be able to do it?
- Where do you need to do it? Where can you find more information?
- Why do you need to do it?
- Who do you need to work with, or talk to?

Yr1
Yr2
Yr3
Yr4
Yr5
Yr6
Yr7
Yr8
Yr9
Yr10

