

## **Ten Year Map:**

- Make a ten year map of where you want to see yourself in ten years. This can be as creative and colorful as you want!
- If you feel comfortable, post your map and tag LMTI so we can share your map. This way, everyone doing asynchronous track can see!
- Here are some things to think about while making your map:
  - Think about what you've done in the past ten years
  - Reflect on your accomplishments. How do they make you feel?
  - What have you done to achieve your goals so far?
  - What did you want to do when you were 12 years old? Do you still have the same dreams or have they changed? Remember, it's never too late to return to an idea that still interests you.
  - Consider what your future may look like
  - How do you think the skills you've learned can help you in college or in life in general?
  - What are you excited for? How does this make you feel?
  - How might fear stand in the way of achieving the goals?
  - Where do you see yourself in one year? Five? Ten?
  - What can improve and what do you want to continue?
- Here are some journal questions to think about after making your map. Feel free to write them down or just reflect on them.
  - How do you feel now that you've made your ten year map?
  - Do you feel more prepared than before?"
  - How can you make sure you achieve these goals?
- This map may not be exactly how your future goes, but having goals is important to creating a successful future. Try to hang up this map where you might see it every day. This will help you achieve your goals!



## **Adulting 101:**

Check out this powerpoint for all things adulting! If you have any questions about the slides, feel free to email [mjones@pipnj.org](mailto:mjones@pipnj.org).

[https://www.canva.com/design/DAFE7duxG0E/BxGWPFcX-BdcCcH3aYqNSw/view?utm\\_content=DAFE7duxG0E&utm\\_campaign=designshare&utm\\_medium=link2&utm\\_source=sharebutton](https://www.canva.com/design/DAFE7duxG0E/BxGWPFcX-BdcCcH3aYqNSw/view?utm_content=DAFE7duxG0E&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton)



**Process Time:**

- Here are some journal questions to think about. Feel free to write them down or just reflect on them.
  - What do you want to do now that you've graduated? Why? If you're not sure, why? If you are already well out of high school, have your plans changed since you've graduated from high school?
  - What are your biggest fears about life after high school? How might these fears keep you from achieving your goals and from getting what you want out of your post high school experience?
  - Did you learn anything new about yourself?
  - Do you feel more prepared to handle what lies ahead now?



**Please fill out this very brief survey:**  
<https://forms.gle/iec4YKEMiY1fmCDD7>

