

My Preferred Lifestyle

Instructions:

1. Close your eyes and imagine your ideal life. What do you really want? Where do you live? Are you working or going to school? Who are your friends and who are members of your family? What are they like? How do you spend your leisure time? What are your favourite belongings?
2. Complete the first column in the chart below.
3. Look at your responses, and ask yourself what your preferred life says about what you think is important in life, about your values. Complete the second column of the chart.
4. Be prepared to discuss your answers.

My Preferred Life (What would my life be like for me to be most fulfilled—my dream?)	What Is Important to Me (What does my preferred lifestyle say about my values?)
Where will I work? What will I do?	
Where will I live? What will my home be like?	
Who will my friends be? When and where will I see them?	
Who will my family be? How will I spend time with them?	
What will I own?	