

Name: _____

Date: _____

Period: _____

A Collage of My Life

Directions:

Ask yourself, "What do I want my future life to be like?"

Now, create a collage on a poster board that answers this question. Your collage should include the following:

- Your First and Last Name
 - Large Enough to be seen from across the room but not too large that it takes up the entire poster board.
- Descriptive elements must be used on the poster board to display examples of topics.
 - Pictures, graphics, quotes, poems, stories, drawings, and any other item that describes what you want your life to be like
 - ****You may use the computer to type or print anything needed for the collage!**
- 6 Sections of Poster board: Your collage should answer the following questions:
 - Section #1: Your First and Last Name
 - Section #2: What are **FIVE** items or activities that you enjoy and label which areas of well-being are affected. Example #1 would be running, and it covers your physical well-being. Example #2 would be reading, and it covers Intellectual well-being.
 - Section #3: What are **FIVE** of your CORE VALUES (Definition Listed Below)?
 - Section #4: What are **FOUR** major purchases you would like to make in the future?
 - Section #5: What is **ONE** short-term SMART goal (Definition Listed Below) you would like to reach?
 - Section #6: What is **ONE** long-term SMART goal (Definition Listed Below) you would like to reach?

Directions (Back of Poster board) – Must Include

- Student First and Last Name
- Student Period Number
- Date Turned in

Definitions:

Well-Being: the state of being comfortable, healthy, or happy.

Five Areas of Well-Being – Physical, Intellectual, Social, Emotional, Financial

Long-Term: A goal that can be accomplished in more than one year.

Short-Term: A goal that can be accomplished within one year.

Value - a fundamental belief or practice about what is desirable, worthwhile, and important to an individual

VALUES EXAMPLES – Dependability, Reliability, Loyalty, Commitment, Open-mindedness, Consistency, Honesty, Efficiency, Innovation, Creativity, Good humor, Compassion, Spirit of adventure, Motivation, Positivity, Optimism, Passion, Respect, Fitness, Courage, Education. Perseverance, Patriotism, Service to others, Environmentalism

Name: _____

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FIVE ACTIVITIES I ENJOY

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

FIVE CORE VALUES

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

FOUR MAJOR PURCHASES

- 1 _____
- 2 _____
- 3 _____
- 4 _____

LONG TERM GOAL

SHORT TERM GOAL