



## LIFE PLAN ASSIGNMENT

### *Creating Our Future*

### **Muhammad Ali Center: Character Education Course**

Now that you have completed *Creating Our Future*, the Muhammad Ali Center Character Education Course, you are ready to begin working on your life plan. While life may not always go according to plan and goals may change over time, it is a good idea to start thinking about your future. Let's explore what you can do now to be well prepared for the opportunities that await you. In this activity you will imagine the life you want for yourself in the future and make a plan for how you could achieve your goals. You may use the attached work sheets to help you develop your life plan.

#### **Imagine yourself in four years.**

1. Who do you want to be? Consider:
  - a. What do you want to be doing career-wise?
  - b. If you plan to be a student, what will you be studying?
  - c. How do you want to be able to describe yourself?
    - i. Your personal qualities
    - ii. Yourself in relation to others
  - d. What hobbies/interests will you have?
  - e. Who will be important in your life?
  - f. How will you contribute to your community/ the wider world?
  - g. What will you be looking forward to in the near future?
2. Set three specific, reasonable, time-bound goals for yourself that will help you prepare now for who you want to be in four years.
  - a. For each goal, list specific things you must do over the next four years to achieve the goal. Be as detailed as possible.
  - b. Are there any behaviors you must change to help you reach your goals? If so, how will you go about making those changes?
  - c. Are there things you must learn to achieve your goals? How will you acquire the skills/knowledge?
  - d. Who can be helpful to you? How can you enlist the help of those people?
3. How will you utilize *respect, confidence, conviction, dedication, spirituality* and *giving* to achieve your goals?





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## LIFE PLAN ASSIGNMENT

Now imagine yourself at the age of 25. That might seem like a long time from now, but you'll be there sooner than you think.

1. Who do you want to be? Consider:
  - a. What do you want to be doing career-wise?
  - b. If you plan to be a student, what will you be studying?
  - c. How do you want to be able to describe yourself?
    - i. Your personal qualities
    - ii. Yourself in relation to others
  - d. What hobbies/interests will you have?
  - e. Who will be important in your life?
  - f. How will you contribute to your community/ the wider world?
  - g. What will you be looking forward to in the near future?
2. What could you do now to help you create the future you want for yourself at age 25?
3. Who can be helpful to you? How can you enlist the help of those people?
4. How will you utilize *respect, confidence, conviction, dedication, spirituality* and *giving* to achieve your goals?





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## LIFE PLAN ASSIGNMENT

**Career**

**Character**

**Hobbies and Interests**

**Me in 4 Years**

**What I'm Looking Forward To**

**Important People**

**Contributions to Community**





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## LIFE PLAN ASSIGNMENT

### My Life Plan Four Years from Now

**GOAL #1:** \_\_\_\_\_  
\_\_\_\_\_

Things I must do over the next four years to reach my goal (Be as detailed as possible):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_







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## LIFE PLAN ASSIGNMENT

### My Life Plan Four Years from Now

**GOAL #2:** \_\_\_\_\_  
\_\_\_\_\_

Things I must do over the next four years to reach my goal (Be as detailed as possible):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_





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## LIFE PLAN ASSIGNMENT

### My Life Plan Four Years from Now

**GOAL #3:** \_\_\_\_\_  
\_\_\_\_\_

Things I must do over the next four years to reach my goal (Be as detailed as possible):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
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12. \_\_\_\_\_
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15. \_\_\_\_\_





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## LIFE PLAN ASSIGNMENT

### Behaviors I Must Change to Reach My Goals

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### Things I Can Do to Help Me Foster More Positive Behaviors

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### Knowledge/ Skills I Must Master to Achieve My Goals

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## LIFE PLAN ASSIGNMENT

**What I Will Do to Acquire the Knowledge/Skills I Need to Achieve My Goals**

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**Who Will Help Me Achieve My Goals**

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**How I Will Enlist Help from People**

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## LIFE PLAN ASSIGNMENT

How I Will Use the Six Core Values in My Life to Help Me Achieve My Goals

Respect

Confidence

Conviction

Dedication

Spirituality

Giving





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## LIFE PLAN ASSIGNMENT

**Career**

**Character**

**Hobbies and Interests**

**What I'm Looking Forward To**

**Me at Age 25**

**Important People**

**Contributions to Community**





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## LIFE PLAN ASSIGNMENT

My Life Plan  
Me at Age 25

Things I Can Do Now to Help Me Create the Future I Want for Myself at Age 25

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
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**LIFE PLAN ASSIGNMENT**

**Who Will Help Me Achieve My Goals**

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**How I Will Enlist Help from People**

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## LIFE PLAN ASSIGNMENT

How I Will Use the Six Core Values in My Life to Help Me Achieve My Goals

Respect

Confidence

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Dedication

Spirituality

Giving





## LIFE PLAN ASSIGNMENT

### Vision Board Activity

**Instructions:** A great way to keep focused on your goals and life plan is to create a vision board. A vision board is a visual representation of your dreams and ambitions. In this exercise, you will create a poster board with images that reflect your Life Plan and affirmations that will remind you to stay positive and keep reaching for your goals. By surrounding yourself with images of who you want to become and what you want for your life, you can be inspired constantly to stay on track and “keep your eyes on the prize.” You may focus your vision board around your general vision for your life, a specific goal, or a particular theme.





## LIFE PLAN ASSIGNMENT

### Many Thanks to the Creating Our Future Curriculum Design Committee

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For questions about the use of Creating Our Future, visit the Muhammad Ali Center at [www.alicenter.org](http://www.alicenter.org) or call 502-584-9254.

