

My current roles

How I like to work (plot a cookie)

Working by myself _____ Working with other people _____

Physical work _____ Digital work _____

Being inside _____ Outdoors _____

One place for work _____ Work from anywhere _____

Long focus periods _____ Lots of breaks and changes _____

Inventing goals to reach _____ Achieving set goals _____

Working in the morning _____ Working at night _____

Complete silence _____ Loud music or noise _____

Learning new skills _____ Perfecting current skills _____

Responsibilities

Needs

Favorites

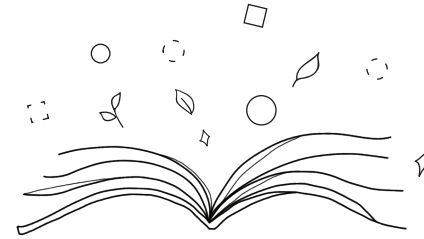
Song _____

Hobby _____

School subject _____

Place _____

Plot Twister



Hey Future Self,

It's me, _____, age _____. It's currently _____.

_____. I'm known as a _____.

_____. Throughout the day, I care about _____.

responsibilities _____.

I take care of myself with _____.

When I work, it's important that I _____.

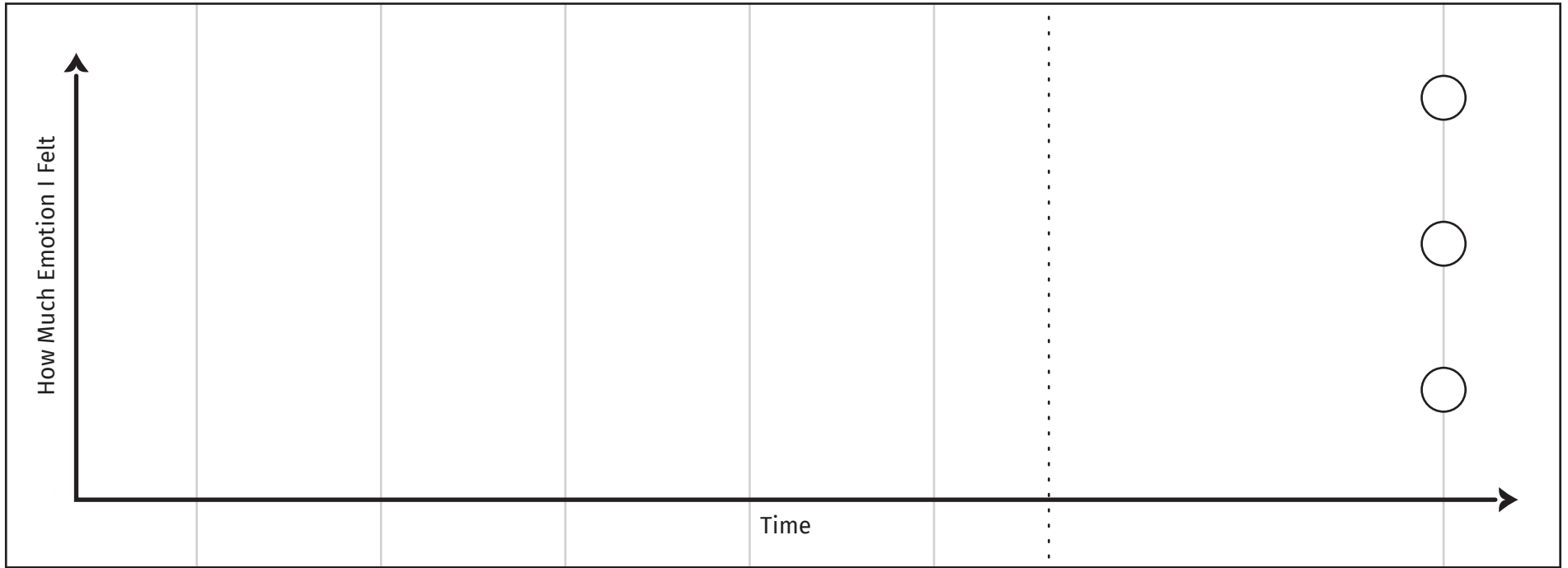
Some of my favorite things include _____.

Think about five past events that define you. For each, plot a cookie on the five gray lines, first to last.

- Make small cookies for small events.
- Bigger cookies are for bigger, more time-consuming events.

Today! Age:

Draw lines to connect some past events with each possible future, making 3 different cookie trails.



Pick your favorite cookie trail. Copy the cookies on it onto this timeline below.



What did you learn from the events on this cookie trail?
What's the story that connects all the cookies?

What other cookies will you need for this future?