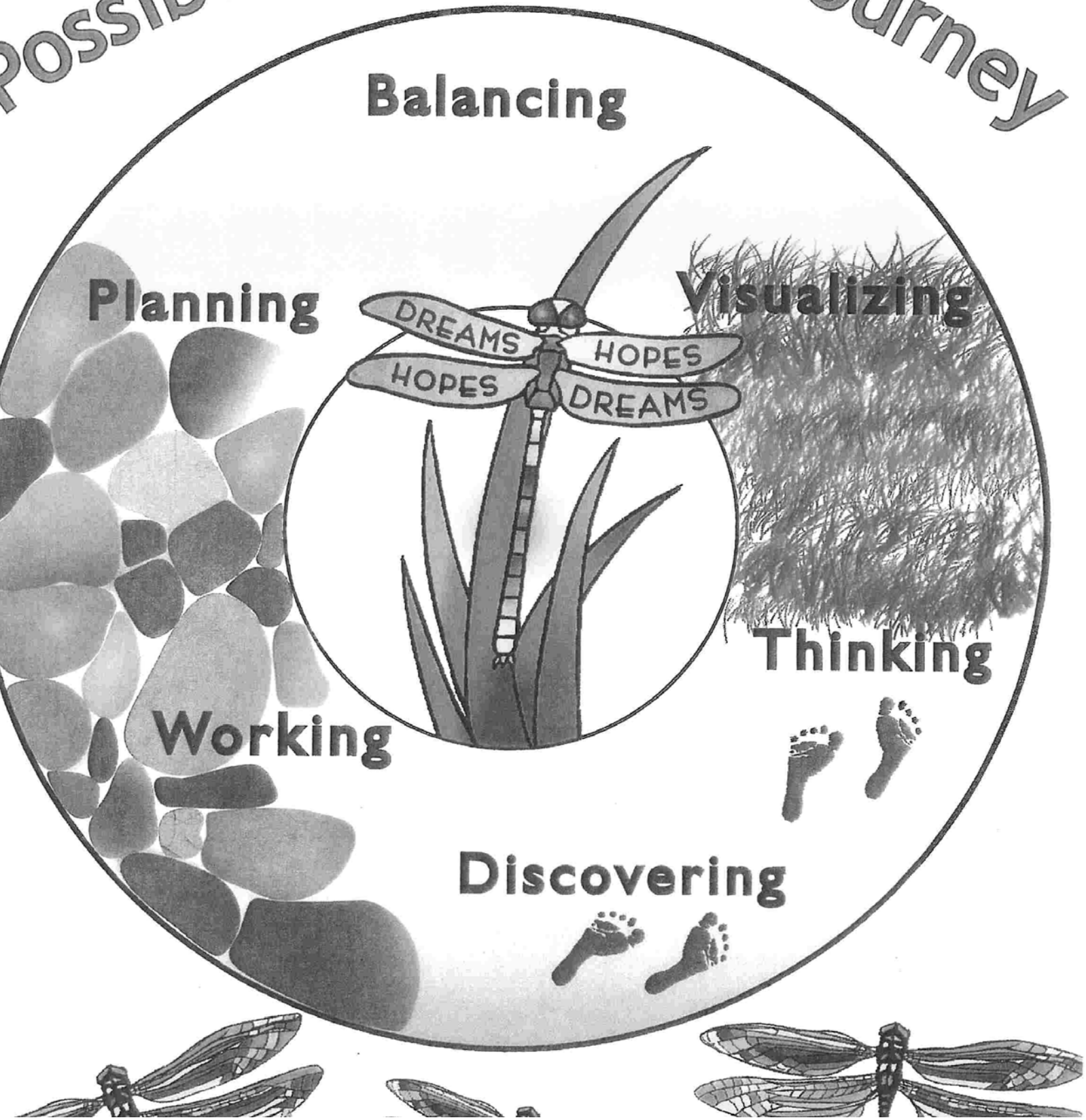
Possible Selves Life Journey



Hope

A hope is something you would like very much to happen.
A wish or a dream

You are not sure that it will happen.

Examples:

- You might hope to graduate from high school.
- You might hope to be the fastest bicycle rider you know.
- You might hope to be in a movie.
- You might hope to be a teacher someday.
- You might hope to live at the beach.
- You might hope to learn another language.
- You might hope to play music in a band.
- You might hope to go to college.

The SEE Steps

Sound

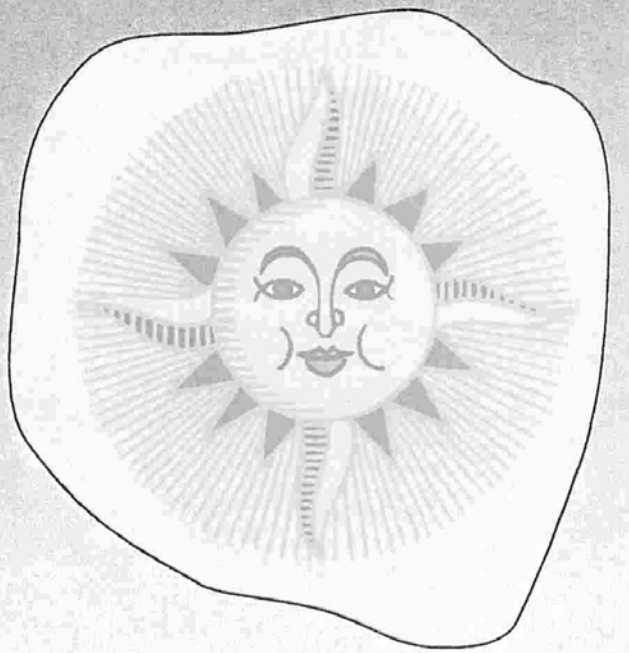
HOW YOUR VOICE SOUNDS

- ¤ Pleasant
- ¤ Neutral

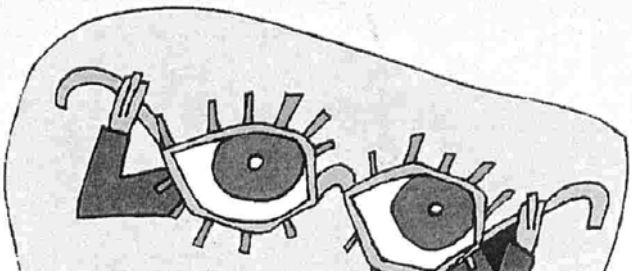
Expression

HOW YOUR FACE LOOKS

- ¤ Pleasant
- ¤ Neutral



Eye contact



The SCORE Skills

Share ideas

Compliment others

Offer help or encourgement

Recommend changes nicely

Exercise self-control