Possible Selves Life Journey

Balancing

Planning

Working

Discovering

Visualizing

Thinking
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

S
Sound
HOW YOUR VOICE SOUNDS
- Pleasant
- Neutral

E
Expression
HOW YOUR FACE LOOKS
- Pleasant
- Neutral

E
Eye contact
The SCORE Skills

S - Share ideas
C - Compliment others
O - Offer help or encouragement
R - Recommend changes nicely
E - Exercise self-control