

## MY FUTURE ACTIVITY

Objective: Individuals will define “lifestyle” and describe their own desired lifestyle as it relates to work. Volunteering, ideal living situation and with whom, what they might want to purchase and own, where they might want to travel, etc.

Activity A: Hold a large group discussion about lifestyle: what it is, who and what influences our lifestyles, and how it impacts on the quality of our lives.

Activity B: In small groups have individuals describe their present lifestyle, and then how they want it to look five years from now. Examine the differences between the two and discuss the ways to bridge those differences over time.

- Which factors can they control and which are beyond their control?
- How important is money to their future lifestyle?
- Have leisure activities been added or deleted?