

INSTRUCTIONS FOR CREATING A MY FUTURE LIFE PROFILE

The My Future Life Profile is a fun and creative way for students to imagine who they might be when they grow up. In the profile, students should first decide on how old they will be in the profile (we suggest setting a range, for instance between 20 and 100) and then fill out the rest of the profile based on what they think they will be like when they are that age. Suggested content for the fields of the profile is described below.

In addition to writing, students can use the space on the first page of the profile to draw a self-portrait of their future selves, a picture of their future house or life, or a collage that represents their goals and aspirations for the future.

NAME: *Student's Name*

AGE: *The age student imagines he or she will be*

PLACE: *Where the student would like to live*

EDUCATION: *What sort of education did the student have? You may want to provide some choices, for instance: I went to cooking school, I took online courses, I went to graduate school, Law school, Medical school, Business school, Design school, To get a Ph.D., I taught myself how to: (fill in the blank).*

OCCUPATION: *What does the student do professionally or as a volunteer?*

ABOUT MY FAMILY: *What is the student's family like? Is he or she married? Does the student have children? Pets? What do they like to do together?*

HOW I LIKE TO SPEND MY TIME: *What are the student's hobbies? Again, you may want to provide choices: Read, Write, Do art projects, Use the computer, Cook, Hang out with my friends, Exercise/play sports, Play music, Listen to music, Travel, Watch movies/TV, Play video games, Volunteer, Garden, Sing, Dance, Other*

THE COOLEST THING I'VE EVER DONE IS: *It may be helpful to provide some examples here as well. Lived in a foreign country, went skydiving, learned to speak three different languages, went backpacking and camping*

around the world, was in a movie, Won a sports competition, wrote a novel, made a professional CD of my music, ran for public office, ran a marathon.

MY FAVORITE HOLIDAY/TRADITION IS ____, AND I

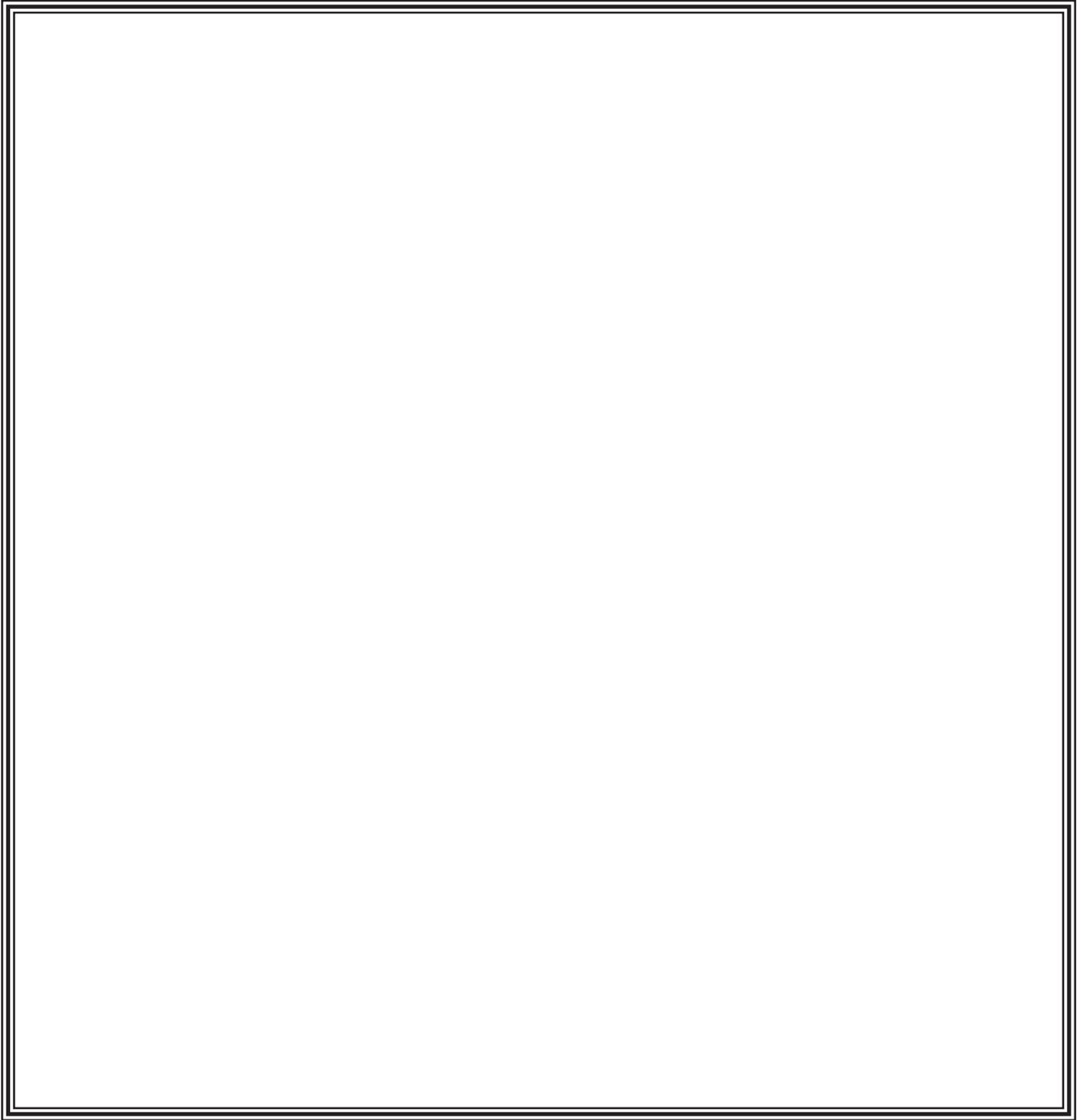
CELEBRATE IT BY... *This is pretty open ended on purpose. Feel free to focus the category by giving students specific Jewish examples or broaden it by asking students to think about all the different kinds of holidays and traditions they may practice as adults. Students should be encouraged to think creatively about how they might celebrate or recognize holidays and traditions in a way that is fun and meaningful to them.*

A JEWISH VALUE I SHARE WITH MY COMMUNITY IS... *Expand on this by discussing what Jewish values look like in action, for example welcoming strangers could look like being part of a group that has parties to welcome new people to your neighborhood.*

I AM MOST PROUD OF/OTHERS LOOK UP TO ME BECAUSE:

Students should write about what makes them a role model to others or what makes them proud of who they are.

MY FUTURE LIFE



NAME:

AGE:

PLACE:

EDUCATION: _____

OCCUPATION: _____

ABOUT MY FAMILY:

HOW I LIKE TO SPEND MY TIME:

THE COOLEST THING I'VE EVER DONE IS...

**MY FAVORITE HOLIDAY/TRADITION IS
_____, AND I CELEBRATE IT BY...**

**A JEWISH VALUE I SHARE WITH MY COMMUNITY
IS...**

**I AM MOST PROUD OF/OTHERS LOOK UP TO ME
BECAUSE:**