

Possible Selves



Discovering: Who Am I?

What am I **good** at?

What would others (my **friends, teachers, colleagues**) say I'm good at?

What do I **like** to do?

Thinking: Who Am I?

What do I want to be doing **a year** from now?



What do I want to be doing **five years** from now?

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Sketching: “Sketch” of My Life

Most of us think of sketching as drawing a simple picture. However, sketching also can refer to giving a brief description of a person. Continuing to work from the perspective of your own life, sketch yourself to discover more of who you are.

As a person ...	As a learner or “student” ...	As a _____, (select something you have strengths in)
... describe yourself	... describe yourself	... describe yourself
... what are your hopes?	... what are your hopes?	... what are your hopes?
... what are your fears?	... what are your fears?	... what are your fears?
... what are your expectations?	... what are your expectations?	... what are your expectations?

Source: Hock, M., Schumaker, J. and Deshler, D. Possible Selves. (2003) Lawrence, KS: Edge Enterprises, Inc.

Sketching: “Sketch” of My Life Tree

Use a tree metaphor to transfer some of your earlier thoughts into a powerful mental and visual image. The trunk of the Possible Selves Tree represents the whole person, and the various parts of the tree represent significant areas of your life, your hopes, and your fears.

- Three major limbs = you as a person, a learner, and identified strength
- Roots = long, thick ones for positive descriptions of yourself; short for negative
- Branches = individual, shorter-term goals/hopes to keep the limb growing
- Dangers (lightning, rocks, weeds, wind) = fears that might disrupt your growth



Source: Hock, M., Schumaker, J. and Deshler, D. Possible Selves.
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Reflecting: What Can I Be?

What stands out for you in your sketch?



Which column lists the most hopes?

Which column needs to be strengthened the most?

What are the main hopes you have for your life based on your sketch?

Possible Self Tree Reflection

What stands out for you on your tree?



Which limb has the most branches?

Which limb needs to be strengthened the most?

What are the main hopes you have for your life based on your tree?

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Planning: Aiming for the Future

Choose three hopes to list on the following chart. For each hope, list three goals that will help you attain that hope. Choose goals that you can focus on in the next 12 months.

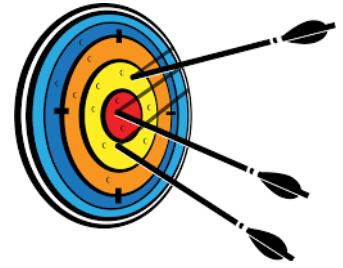
Hope 1:
Goal A:
Goal B:
Goal C:

Hope 2:
Goal A:
Goal B:
Goal C:

Hope 3:
Goal A:
Goal B:
Goal C:

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Action Plan – Achieving My Goals



One of hopes is to: _____

A goal to help me attain this hope is: _____

Planning Action steps to achieve this goal	Deadline	Performing Summary of progress on action steps

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