



What do I think about my future?

Answer as many of these questions as you can, as honestly as you can.
Remember to keep a hold of these answers so you can reflect on them later!

My future

Circle your answer on the scale of 1-10

1) How much do you worry about your future?

Not at all										A lot
1	2	3	4	5	6	7	8	9	10	

2) How confident do you feel about making choices and decisions about the future?

No confidence										Very confident
1	2	3	4	5	6	7	8	9	10	

3) How confident are you that you have a clear plan of how to reach a career you want?

No confidence										Very confident
1	2	3	4	5	6	7	8	9	10	

4) How confident do you feel about researching careers information?

No confidence										Very confident
1	2	3	4	5	6	7	8	9	10	

Values

1) Do you understand what values are?

No				Maybe					Yes
1	2	3	4	5	6	7	8	9	10



2) Do you know what your values are?

No				Maybe					Yes
1	2	3	4	5	6	7	8	9	10

3) Do you believe you can choose a career you want?

No				Maybe					Yes
1	2	3	4	5	6	7	8	9	10

4) Do you believe that being realistic about your future means just settling for something?

No				Maybe					Yes
1	2	3	4	5	6	7	8	9	10

Next steps

1) What are your immediate future plans - what do you think you will do straight after school?

And finally...

7. What would you like to get out of these sessions?

8. What will you do with the information you gain from these sessions?