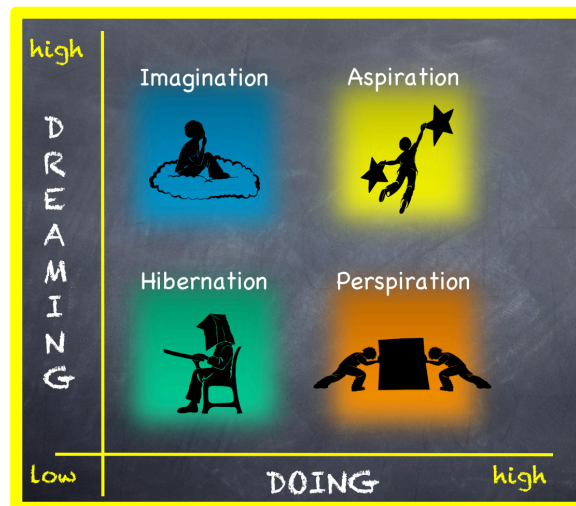


Aspirations

The ability to dream and set goals for the future while being inspired in the present to reach those dreams.

Everyone should have BIG DREAMS! Some of your dreams may be short term (e.g. I want to finish my homework tonight) while other dreams are long term (e.g. I want to be a scientist who finds cures for diseases). Whether short term or long term, it takes hard work to make *your* dreams a reality.

Aspirations Profile



*In order to reach your dreams, it is important to be aware of your current actions.
How do you view your current efforts to reach your dreams?*

Individuals in **Aspiration** have the ability to think about the future and set goals for themselves.

Perspiration defines someone who works exceptionally hard and puts forth effort, but lacks a sense of purpose.

Imagination is characterized by individuals who readily share their future plans, but who show little, if any, effort to reach those dreams.

Someone who does not think about the future, has no clear goals, and puts forth no effort in daily life is in **Hibernation**.

SELF REFLECT

Describe an experience when you were in the **Aspiration** quadrant—you had a goal and worked hard to achieve it. For example, you wanted to help people, so you decided to volunteer at the local food pantry. You did more than just dream about helping others. You took action and achieved your goal.

Describe an experience when you were in the **Perspiration** quadrant—you worked really hard, but were not really sure why. For example, you studied every night to earn all A's, but you didn't really know why, other than everyone around you told you to get all A's.

Describe an experience when you were in the **Imagination** quadrant—you had a big dream, but you really did not take any action to make that dream come true. For example, you really wanted to become a chef, but you didn't cook at home or work in a restaurant.

Describe an experience when you were in the **Hibernation** quadrant—you were just passing time without putting in any effort to achieve a goal. For example, you spent all your time after school on TikTok with no real goal for the evening.

While it is natural to drift in and out of the quadrants over time, it is important not to become stuck hibernating, imagining, or perspiring! How do you view your current efforts to reach your dreams?

DREAM BIGGER

List three dreams you have for your future and label each one short term or long term.

- 1.
- 2.
- 3.

What can you do today to work toward one of these dreams?

Who can help you *DREAM BIGGER* and support your actions to achieve your dreams?

Aspirations Motto

Use the following quotes as inspiration to develop your Aspirations Motto in the box below.

They say anything's possible, you gotta dream like you never seen obstacles. J. Cole

I think sometimes in life the biggest challenges end up being the best things that happen in your life. *Tom Brady*

Those who lose dreaming are lost. *Australian Aboriginal Proverb*

To make a difference, you have to have large aspirations. *Roshni Nadar*

Create the highest, grandest vision possible for your life, because you become what you believe. *Oprah Winfrey*

What's the world for you if you can't make it up the way you want it?
Toni Morrison

No matter where you're from, your dreams are valid. *Lupita Nyong'o*

Don't put a limit on anything. The more you dream, the further you get. *Michael Phelps*

MY ASPIRATIONS MOTTO