

Gateways
for Youth

Life Choices: Activity Booklet

Name: _____

School: _____



Part 1: Choices

Activity 1: “What You Need to Do”

What “floats your boat”? What are the activities/subjects you enjoy? What are you good at?

Where do you want to end up in the following areas?

Life: _____

Career: _____

Location: _____

Which work-style do you think you would prefer? Eg. Indoor, outdoor, corporate, creative

These answers will help you better understand which industry you will be happiest working in!



Part 2: The Plan

Activity 1: “Values”

Looking at the values on the slide in front of you, which of these do you rate as the most important?

- 1.** _____
- 2.** _____
- 3.** _____
- 4.** _____
- 5.** _____
- 6.** _____
- 7.** _____
- 8.** _____
- 9.** _____
- 10.** _____



Part 3: Your Career

Activity 1: “Self Esteem & Self Talk”

Your inner dialogue, or “self talk”, is a major factor in your level of positive self confidence. List below 3 negative “self talk” examples of your own:

E.g - “My ideas are always terrible so I will just keep quiet and not say anything to make myself sound stupid”

1. _____

2. _____

3. _____

Now, list them again, but this time turn them into positive self talk that can help, instead of hinder.

E.g - “Maybe if I tell the boss my idea he can adapt it to suit our workplace, the worst he can say is ‘no thanks’ and at least they know I’m trying”

1. _____

2. _____

3. _____

The more you turn your negative talk into constructive and positive dialogue the better your self-esteem will be!



Part 3: Your Career

Activity 2: “Who Am I?”

Take a good look at the table, now have a think about each of the qualities listed.

Below, list the top 5 qualities that define you:

1. _____
2. _____
3. _____
4. _____
5. _____

Now, list the 5 qualities that you would like to develop:

1. _____
2. _____
3. _____
4. _____
5. _____



Part 3: Your Career

Activity 3: “Motivators”

Which of the above listed would be your top motivator when choosing a career? _____

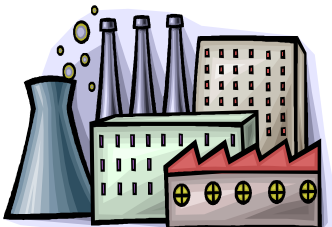
Why? _____

Not including the top motivator you just listed, which other factors would motivate you in your career choice?

1. _____
2. _____
3. _____

Activity 4: “Who Am I?”

Which of the 3 work styles listed most appeals to you?



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Part 3: Your Career

Activity 5: “Who Am I?”

Have a good think about each of the 6 Life Types.

Which of the 6 Life Types do you think best fits you? _____

Why? _____

Now, divide into groups according to your Life Type.

Activity 6: A Space Oddity

Sir Richard Branson has far too much money and, after trying to count it, has lost the plot! So, together with Donald Trump, he has funded the first “space colony” to be based on the moon. Unfortunately, in yet another act of lunacy, Branson and Trump have agreed that only 4 of the 6 Life Types will be allowed to populate the colony to begin with. What they cannot agree on is which of the Life Types they need for their new colony to be successful as a mini-society.

In your groups, discuss and record why your Life Type should be included in the colonization of the moon, include what they will bring to the society and why this is essential.



