

Take a minute and think about the things that you want in life. Your dreams and your hopes. Take a piece of paper and draw a big circle in the middle of the page. Inside of the circle, draw or write about your goals and dreams in the middle of this circle. Please be honest, these are your dreams and your goals. They do not belong to anyone else.

Next think about the things that you don't want in your life, write them on the outside of the circle. Again, these things that you do not want. Other people want things and don't want things for your life, but this is your life and not theirs. Only you know what belongs inside of the circle and outside of the circle.

Take a minute to reflect on those things that you wrote.

After thinking for a few minutes, is there anything that you would like to move inside or outside the circle?

Did anything that you wrote down surprise you?

How did you determine if what you wrote down is because you wanted it or because other people wanted it?

It is okay to not know everything that you want or don't want. You are still in your teenage or even pre-teen years and so much will change between now and when these dreams come around.

Take a final minute to draw a few circles around some of the things inside your circle. Draw circles around the ones that are passion related, like music and art.

Spend some time today doing things to drive those passions forward.