

1. On two separate sheets of paper, draw an outline of your head.
2. One head should be labeled "My Head- Now." The second should be labeled "My Head- My Future."
3. Inside the "My Head- Now" head, draw pictures of the things that mean a lot to you.
4. Inside the "My Head- Future" head, draw pictures of the things you want for your future. This could be any point in the future: 5 years from now, 10 years from now, etc.
5. Both pictures should be in full color.
6. Have fun!