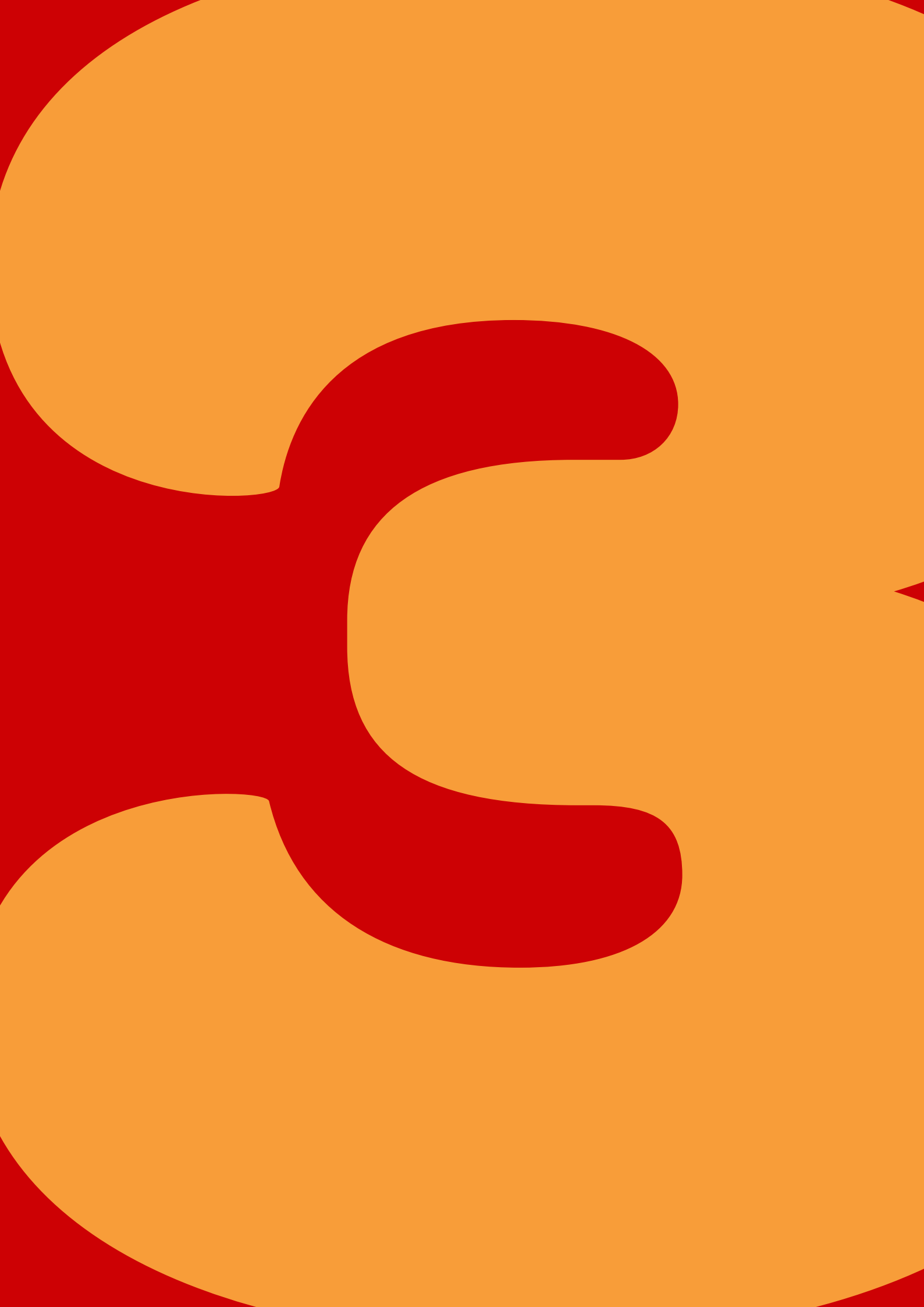





star



The background is a solid red color. On the left side, there are two large, overlapping, semi-circular shapes in a bright orange color. The text is white and positioned on the right side of the image, overlapping the red background and the orange shapes.

There are six billion
of us on this planet
and we have only
three things in
common. We are
all born, we all die
and we all play a
STARRING role
in the bit in the
middle – **our life.**



You're already a STAR

But why is that? It's because you have...

SKILLS

You have a unique bundle of skills and talents you both love using and are really good at.

TREASURES

Buried under all the little worries, homework and general business of life there are things you are truly passionate about and interested in that bring a real sparkle to your life.

AMBITIONS

You have all sorts of real hopes and dreams for your life and the only person stopping you achieving them is yourself.

ROLES

We all have our distinctive roles in life, but which are the ones you really want to live? There are all sorts of possibilities waiting out there for you to live your dreams and realise your potential, it's simply up to you to grab them.

SO WHAT'S THIS BOOK ABOUT?

STAR will help you understand a little more about who you are, discover what you want from your life and help you make more informed choices by creating a practical plan to realise your true potential.

Each stage of STAR is split into three sections with the following headings:

FIRST READ THIS – the first section gets you to picture yourself now and in the future.

NOW THINK ABOUT IT – the second section involves you doing an exercise that will help you to explore yourself and your dreams.

TIME FOR ACTION – the final section helps you plan what you're going to do next in order to make your dreams a reality.

If you run out of space at any time, use a separate piece of paper to write down your ideas and answers.

Discuss STAR with your friends, parents and anyone you feel you can talk to.



Be the STAR you are

FIRST READ THIS

Every day we wake up in the morning and go to bed at night. But in-between each of us plays our own unique starring role on the stage of life. In that day we might learn something new, help someone out or simply have fun. Whatever we do, we're leaving our own special mark on the world around us.

NOW THINK ABOUT IT

Imagine yourself looking in the mirror every morning before going on the stage for that day. You can give your confidence a boost by thinking of all the great qualities you already have to offer your audience – the people you'll meet during the day.

To help you do this, look at the opposite page and circle all the characteristics you like most about yourself. Ask a couple of positive friends to join in. On another piece of paper add any other words that you think describe you too.

TIME FOR ACTION

1. Believe in yourself – if you don't, who will?
2. Review and update your list of positive characteristics regularly – you're getting more every day!
3. Keep looking positively in the mirror before 'going on stage' each day.
4. Ask friends to help with the 'make-up'.
5. Keep a 'smile file' – a record of all the things you have done that you are proud of. Keep it updated and don't forget to look at it regularly.
6. Try stating your positive characteristics out loud to yourself. Do this repeatedly and you'll really start believing in yourself.
7. Be happy to give positive feedback to others – this encourages them to do the same for you.

happy helpful committed
sporty talented positive
flexible friendly intelligent
considerate approachable
willing hard-working practical
motivating able empathetic
reflective enterprising respectful
warm innovative active
successful methodical wise
resourceful independent
interesting brave healthy bright
diplomatic creative caring
focused passionate kind
analytical attractive energetic
pioneering communicative
driven systematic knowledgeable

Release your potential

FIRST READ THIS

You only live once. And in real life there are no dress rehearsals. So you need to make sure you act out your own dreams – not those someone else might have for you.

That means it's time for you to take control.

NOW THINK ABOUT IT

Try filling in the STAR quiz opposite:

Don't worry if you struggle with your answers first time around. STAR is designed to help you understand who you are and where you want to be in life.

TIME FOR ACTION

1. Take some time to think a little more about the questions you struggled to answer.
2. Have a go at the rest of this booklet. It will help you to explore your skills, treasures, ambitions and the roles you want to play in your life. You can then revisit the STAR quiz opposite and fill in the blanks.
3. Find a friend to go through the process with – have some fun together.

You woke up
this morning,
you'll go to bed
tonight and
you'll never have
this day again.
So be the STAR
you are today.

SKILLS

Can you list three skills that you love using?

What two things would your friends say you're good at?

What one thing would your family praise you for?

TREASURES

What are your three favourite subjects?

What two things do you enjoy doing most at the weekend?

What one thing would your friends say you're excited by?

AMBITIONS

What three things would you like to do with your life?

What two things would you love to do before you're 21?

If you couldn't fail, what one thing would you do in the next year?

ROLES

What three roles would you like to learn more about?

Name two people you admire. What do they do?

What is your ideal role in life?





SKILLS

Your STAR skills

FIRST READ THIS

Imagine going through life with a big rucksack in which you put all the skills you develop over the years. It would contain such skills as communicating, learning, team-working, problem solving, reading, writing – the list is endless. You'll soon realise you have quite a big load to carry already.

That's great – but that rucksack will get even heavier and heavier as you go on gaining new skills. And you could easily forget which are the skills you really love using. Worse still, you might not get the chance to use the skills you love regularly.

This is why you need to sort out and focus on your STAR skills – the ones you both love using and are really good at.

NOW THINK ABOUT IT

On the next few pages you will see a list of STAR skills you might have.

1. Tick all the ones you love using.
2. Look at the ones you've ticked and circle those you are good at.
3. Now look at the skills you've circled and decide which are your top six and fill them in on page 12. These are your STAR skills.



Enterprise skills

These have to do with getting things started, selling, leading, managing yourself and networking with other people.

● **SELLING**

Identifying what people want to buy and making a sale. eg: raffle tickets, car boot.

● **LEADING**

Developing plans and goals and getting people to achieve them. eg: prefect, sports team captain.

● **ENTERPRISING**

Being an entrepreneur, taking risks and using your initiative. eg: using eBay, young enterprise.

● **SELF-MANAGING**

Setting up and seizing opportunities. Handling pressure and coping with rejection. eg: finding work experience or developing a business idea.

● **NETWORKING**

Building relationships and sharing skills and talents. eg: joining a youth group, volunteering, being a buddy.



Processing skills

These have to do with methods, procedures and actions that produce or create something.

● **FINANCE**

Planning and managing money. eg: running a school shop, managing a bank account/savings.

● **COMPUTING**

Using IT packages and programming skills. eg: building websites, using IT creatively for coursework, doing computer upgrades/repairs.

● **WORDS AND PICTURES**

Writing and translating text. Painting and drawing. eg: creating stories and images.

● **OFFICE SKILLS**

Administration, working in a structured way and meeting deadlines. eg: taking notes from lessons and sorting coursework.

● **REVIEWING**

Checking progress and performance. Evaluating results. Updating plans. eg: fantasy football, following fashion.



People skills

These have to do with creating, building and maintaining relationships with other people.

● **COMMUNICATING**

Talking, presenting, using languages and listening. eg: speaking up in a group, making presentations, taking part in a drama group.

● **UNDERSTANDING**

Valuing others, building relationships, understanding different cultures and viewpoints. eg: helping new people settle in.

● **HELPING**

Supporting others, volunteering to guide, coach and inspire people. eg: being a good friend or neighbour.

● **TEAMWORKING**

Working together, sharing skills, interests and views and handling conflict. eg: being in a team or club, playing in a band.

● **MANAGING**

Using resources available to achieve a goal. Co-ordinating and organising. eg: arranging a charity event, party or holiday with friends.



Creative skills

These have to do with developing and creating.

● **VISIONING**

Having a dream/ambition. Developing possibilities. Turning failure into success. eg: knowing what you want and how to get it.

● **THINKING Laterally**

Seeing new angles and ideas. Using intuition and getting a fresh perspective on things. eg: finding ways to do things differently from others.

● **CREATING**

Having new ideas and getting people thinking. eg: starting discussions at school/college/youth group or writing/playing music.

● **DESIGNING**

Turning ideas into practice. Changing and combining ideas to get a better end result. eg: CDT, drawing, programming.

● **MEDIA**

Identifying ways you can make use of various media. eg: music, dance, art, photography, web development.



Exploring skills

These involve finding things out and understanding issues.

● **INTERVIEWING**

Asking questions, examining answers and listening. eg: developing ideas for a holiday, subjects to take at GCSE/ A Level.

● **EXPLORING**

Investigating and gathering information, identifying possibilities and thinking of alternatives. eg: conducting research projects, internet searches.

● **LEARNING**

Studying, experimenting, reviewing and improving. eg: preparing coursework, revising for exams, practising music.

● **SOLVING PROBLEMS**

Analysing issues, exploring possibilities and finding solutions. eg: organising social events, fundraising activities or project work.

● **SPOTTING POTENTIAL**

Understanding your personal strengths, interests and areas to develop. eg: knowing what part to play in a team situation, using a Record of Achievement.



Practical skills

These have to do with everyday, practical operations.

● **OPERATING**

Using machinery and technology. eg: operating electronic equipment, computers, a sewing machine, power tools.

● **PRODUCING**

Making, servicing, maintaining and fixing things. eg: bike/car/go-kart/computer repairs, baking, sewing.

● **USING SENSES**

Specialised use of hearing, sight, touch, smell and taste. eg: music, cookery.

● **WELL-BEING**

Playing sport, exercising and eating healthily. eg: following a training and fitness programme, watching your diet.

● **NURTURING**

Showing care for people and things. eg: gardening, animal care, minding young children, visiting grandparents or elderly neighbours.

TIME FOR ACTION

1. Write your top six skills in the boxes opposite.
2. Think about your life now; what you are involved in at the moment? Are there more opportunities to use your STAR skills?
3. Find out what skills you may need to develop for work, training or further education. Are there any gaps? What actions could you take to fill these gaps and develop these skills?
4. Create possibilities to develop the skills you 'love using' but could be better at.

Congratulations, you've identified your STAR skills.

These STAR skills will help you understand what you're good at and where you need to develop.

They'll also be useful when you need to promote yourself on paper (eg: in your CV) and when face-to-face with people (eg: in an interview).

Discovering your STAR skills will also help you to complete the next sections of STAR – your Treasures, Ambitions and Roles.

My 6 STAR skills are...

1

2

3

4

5

6

You are a unique,
special person
with over 500
skills. Try to list
six you both love
using and are
really good at.



TREASURES

Find the treasure that
could change your life



FIRST READ THIS

You've now identified your STAR skills.

So wouldn't it be brilliant to make the most of these skills doing the kind of things you're really passionate about?

This treasure hunt will help you decide what those things are. You'll also discover ways of using your STAR skills to spend your life doing what you enjoy most. This is a treasure hunt with a difference though. You're not looking for gold, jewels or bundles of banknotes. You're searching for the things that will bring excitement and richness into your life. Things that will bring real satisfaction as well as helping you earn a good living in a career you love.

And if you find this kind of treasure, you'll be able to live the kind of life you want – not the one other people may try to map out for you.

NOW THINK ABOUT IT

To find the treasures that will make the difference to your life, you need to make some choices.

So imagine that your search leads you to a desert island which has ten different tribes living on it.

Each tribe has a different idea about the kind of things in life which it sees as 'treasure'.

THE TRIBES

- ☐ **1. THE MUSICIANS**
People who like playing, composing or simply being around music.
- ☐ **2. THE ACTIVES**
People who enjoy anything to do with sport and leisure.
- ☐ **3. THE HANDY-ANDIES**
People who enjoy using their hands, working with objects or tools, making, preparing and fixing things.
- ☐ **4. THE CREATIVES**
People who love arts, words, language, being creative, innovating and using their imagination.
- ☐ **5. THE SUITS**
People who love being in the world of commerce and business.
- ☐ **6. THE GREENIES**
People who love nature, animals, the outdoors and/or caring for the environment.
- ☐ **7. THE COMMUNICATORS**
People who love relating to others including selling, motivating, informing, educating, teaching and negotiating.
- ☐ **8. THE THINKERS**
People who like to reflect, think, philosophise and make plans about themselves and others.
- ☐ **9. THE MATHEMATICIANS**
People who love numbers, science and logic.
- ☐ **10. THE CARERS**
People who like to help, cure or support others.

After you have visited all the tribes, the chief of the island asks you to decide which tribe you want to join. Choose the tribe you find most exciting and interesting to spend most time with.

This tribe's interests are areas where you might well earn a living. Place a number 1 in this box. After a while the tribe leaves for another island. So choose the next most interesting tribe and put a 2 in their box.

Suddenly, pirates come along and that tribe leaves too. Choose the next tribe that interests you most and put a 3 in that box.

Now you've chosen your top three, look overleaf at the industry sectors and job areas that your top three tribes really 'treasure'.

Circle the treasures you have in common with them. If you haven't found anything that really excites you from your top three tribes, write down any of your own ideas or have a look at the things the other seven tribes treasure.

Find those
things that give
you the future
YOU want – not
one others may
plan for you.

1. THE MUSICIANS

singing, songwriting, music therapy, playing instruments, recording, music technology, producing, DJ-ing, teaching music, promoting music, being a roadie, stage management, band management, reviewing music, producing music videos.

2. THE ACTIVES

holidays, keep fit, leisure, outdoor pursuits, playing sport, recreation, shopping, tourism, retail, travel, weddings, healthy eating, commentating, physiotherapy.

3. THE HANDY-ANDIES

hair, beauty, building, cars, cooking, decorating, driving, food, furniture, gifts, homes, jewellery, transport, tools, horticulture, construction, architecture, security, the armed forces.

4. THE CREATIVES

advertising, art, books, comedy, design, drama, fashion, films, image, interior design, journalism, magic, media, poetry, writing, publishing, creative industries, photography, textiles.

5. THE SUITS

management, buying, marketing, money, recruitment, e-commerce, trading, telecoms, logistics, financial and professional services, PR, consulting, advice, investing, customer service, health and safety, public services, manufacturing and production, law, ICT.

6. THE GREENIES

agriculture, animals, archaeology, conservation, energy, environment, flowers, geology, social enterprise, nature, organic food, wildlife, weather, recycling, waste-management, maritime, forestry, environmental technology, natural resources.

7. THE COMMUNICATORS

education, coaching, information, languages, news, teaching, training, journalism, promoting, sign language, campaigning, television, broadcasting, presenting, translating, public speaking, multi-media, communications technology, proof-reading, speech writing, technical translating.

8. THE THINKERS

astronomy, culture, politics, planning, philosophy, religion, history, world affairs, forecasting, mentoring, alternative therapies, psychology, spirituality, academia, astrology, inventing, government, problem solving, product development.

9. THE MATHEMATICIANS

accounting, banking, computers, electronics, engineering, physics, money, science, space, statistics, researching, nuclear, chemistry, pharmaceuticals, biotechnology, insurance.

10. THE CARERS

careers, charity, counselling, disability issues, the elderly, family, health, hygiene, coaching, medicine, personnel, schools, volunteering, youth work, social care, the emergency services, fundraising, therapy, nursing, baby care.

Now pick the six treasures that excite you most.

My 6 treasures are...

1

2

3

4

5

6

TIME FOR ACTION

1. Think about anyone you know who works in an area your treasures are in – get them to tell you more about it.
2. Try and increase the number of things you value about your treasure, eg: I love writing, but especially fictional writing, possibly for children. Does this give you any more ideas for potential job/careers?
3. Use your local careers service and careers resources to research jobs that link to your treasures.

The background consists of several overlapping organic shapes in two colors: a vibrant red and a warm orange. The red shapes are layered over the orange ones, creating a sense of depth. The overall composition is abstract and modern.

Finding a job
you treasure
adds five
days to your
weekend.



AMBITIONS

Your ambitions: reach for the stars

FIRST READ THIS

You'll achieve far more in life if you set your sights high. Even if you miss your target, you'll do better than going for low goals and achieving them.

For instance, think of Rafa Benitez, Manager of Liverpool Football Club. His ambition was to be a world-class footballer. He became good enough to play for Real Madrid's second team, but an injury meant that he had to retire. However, this led him into football coaching – a great move for him. He became the most successful Valencia manager in their history after just three seasons in charge; and guided Liverpool to their fifth UEFA Champions League victory in 2005.

It's no good saying 'When I win the lottery I will...' and then come up with every excuse under the sun why you didn't realise your potential. In that case there will be only one person to blame – yourself. OK, so your background, qualifications, environment and wealth may change your starting point in the race towards your goals. But they won't determine whether or not you actually achieve them.

Most people miss their goals not because they can't achieve them, but because they haven't mapped them out in the first place.

Rather than waiting for the 14 million to one chance of winning the lottery (a pretty long wait!) try flipping it on its head and imagine yourself winning the lottery. What would you want to do then? What would you really value in life? The answer is to aim high and remember the more clearly you can picture what you want, the quicker you'll get it.

NOW THINK ABOUT IT

Look at the set of 'lottery balls' over the next few pages. Each ball contains a particular aim or dream you might have in your life. Which six balls need to come up for you to hit the jackpot? Start by circling all the balls that attract you. Then pick the six you really value most. Be honest with yourself – would that ball bring you true happiness, realise your potential and let you make your mark on the world?



CONFIDENCE



CHALLENGE



FUN



INFORMATION



FITNESS



FREEDOM



'ME' TIME



BEAUTY



IDEAL ENVIRONMENT



NO REGRETS



LUXURY GOODS



FRIENDSHIP



HAPPINESS



OUTDOORS



PASSION



SOCIALISING



VARIETY



POSITIVE



TRAVEL



DIFFERENT



MATERIAL GOODS



ECO-FRIENDLY



LOVE



HOUSEWORK



SHOPPING



SECURITY



MONEY



PROMOTION



CREATIVITY



PEOPLE



FAME



SHARING



HOLIDAY



LEARNING



PRACTICAL



SUCCESS



HOUSE



PURPOSE



LATEST GADGETS



AUTHORITY



IMAGE



REALISE POTENTIAL



HEALTH



SPIRITUAL



LOCATION



ENERGY



FAMILY

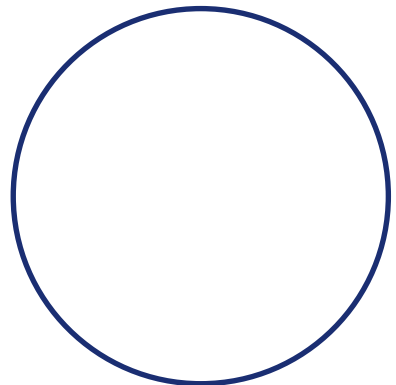
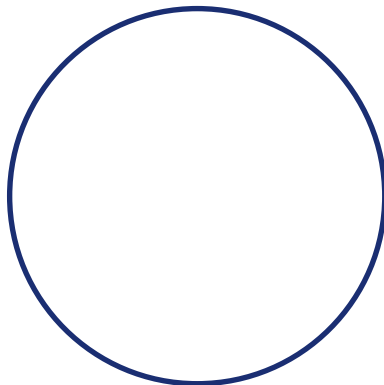
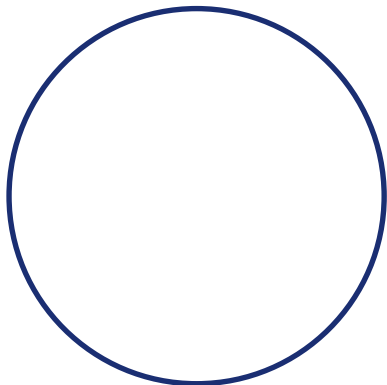
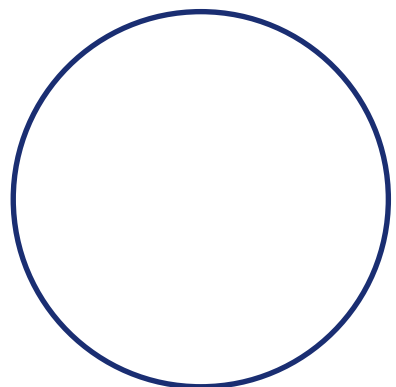
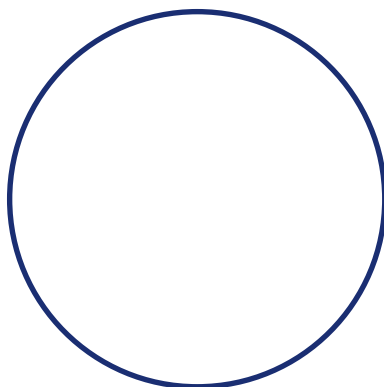
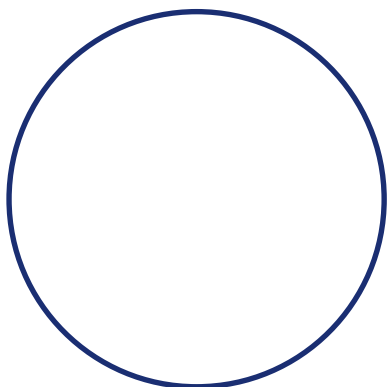


RECOGNITION

TIME FOR ACTION

1. Take each ball you have chosen and write down that aim in one of the circles below and say why you chose it, eg: if your aim is to have lots of money, write down how much; if you want happiness, describe how that would look, feel or sound to you.
2. Think of a practical action that will begin to make your ambitions real today.
3. The clearer you can picture your future, the quicker you'll get there.

MY AMBITION BALLS ARE:





ROLES

Your starring roles

FIRST READ THIS

We already know you're a STAR.

But imagine your next role is to act as a star on a massive film set where you move from stage to stage meeting different characters all the time.

As you go from one stage to the next, your starring role changes and you have to rush off the set and change costumes each time. Real life is a bit like that – except we luckily don't have to change clothes every five minutes.

You're already playing a number of real-life roles.

You may be a student, friend, brother, sister, team member, partner, teenager, carer, volunteer, prefect, school rep, home worker, employee, babysitter, footballer, dancer. Sometimes you're playing several of those roles at the same time. The exciting thing is that each part you play gives you endless possibilities to combine your star skills, treasures and ambitions.

NOW THINK ABOUT THIS

Look at the pictures on the next three pages.

Each one represents the kind of thing you might be doing or involved in if you choose a particular work role.

Which pictures are most important to you and why?

Start by ticking the top right-hand corner of all the pictures that appeal to you.

Then pick your six top ones and put them (in order of importance to you) in Box 1 on page 25.



Indoors



Worldwide



Charitable



By myself



Physical



Informal



Local



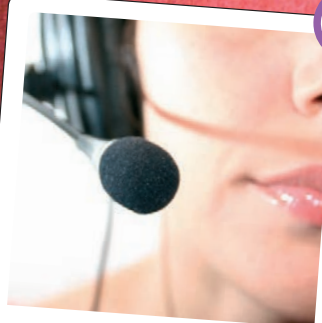
Self-employed



Commercial



Living to work



Providing a service



Desk-based



Producing



Outdoors



In a team



Data and detail



Formal



Ideas and creativity



Large organisation



People-focused



Working to live



Using my passion



Out and about



Routine



Clear career path



Risk



Challenge



Safe and secure



Behind the scenes



Up front

1

Which six pictures are most important to me?

.....

.....

.....

.....

.....

.....

.....

.....

2

What kind of job roles would allow me to have a combination of my pictures?

.....

.....

.....

.....

.....

.....

.....

.....

3

Test your theory with a job you like the sound of

.....

.....

.....

.....

.....

.....

.....

.....

TIME FOR ACTION

- 1 Now you've chosen your six most important pictures, think about the kind of jobs that may include these. Ask friends, family, teachers and tutors for more ideas about the job roles that would let you combine them. Put your ideas in Box 2. Then think if you know of anyone doing these types of roles and go and talk to them about how they got into doing them.
- 2 If you already have a job role in mind, check to see if it matches your favourite pictures. First look through all the pictures again and find the six that best describe this role. Then list this six in Box 3.

Now compare this list with the first list in Box 1. Are they similar or quite different? Do you need to think a little bit more about the role you are interested in? Is there scope for this role to include your favourite pictures or do you need to get some fresh ideas of the roles that may be of interest to you?

Again get ideas from other people if this helps.

- 3 Thinking about the practical aspects of the role you have in mind will be a big help. It will let you think more clearly about the kind of job that's going to be right for you.

Your Golden Ticket: The sky's the limit

FIRST READ THIS

Just imagine you've been transported in a time capsule to a date 10 years from today. You've just spent the most amazing 10 years of your life.

You are now doing all the things you've always wanted to do, achieving more than you ever expected. You feel truly happy and fulfilled. You are actually living your dream – and more. The Golden Ticket opposite will help you get there.

NOW THINK ABOUT IT

I've made it – this is the Golden Ticket to the life I want.

1. Put the date (ie: 10 years from today) on the Golden Ticket opposite. You are now on this day.
2. Imagine you've had the most amazing ten years of your whole life.
3. Fill in your answers to the questions below.
4. Be creative. Make your picture as big, bold and imaginative as possible.
5. Think big. Let all your dreams come true. Aim for the stars and you'll be amazed how far you go.

Describe your ideal job

Where are you working? What kind of organisation? Is it part-time, full time, self-employed? What do you do on a typical day? Be as big, bold and imaginative as you can. Think about the role characteristics that are important to you.

What have you achieved in the last ten years?

Those ten years have been amazing. Write down everything (big and small) you've achieved in the different areas of your life – in your working, learning, playing and giving.

You've made a real difference, how?

What impact have you had on other people? How have you used your unique skills and treasures to make a real difference?

What new skills and experience have you gained?

List all the subjects, courses, qualifications and experiences you've achieved. Which skills have you loved using and made progress in?

You've had an amazing amount of fun, what have you been doing?

You've spent loads of time on hobbies and things you're passionate about – your treasures. What are they?

Your dreams have become real, how?

Write down all the things you dreamed of that have come true in the past ten years. Have you got all your lottery balls representing your ambitions in there?

Where are you living?

You're in your ideal home – describe it! Where is it located? What surrounds you?

Who are you with?

Do you imagine yourself being alone or with others? Married, single, or with a partner? With a family? With friends? Describe all the important people around you. What are you celebrating about their lives?

You have no regrets, why?

What are all the things you've done that you're really pleased that you didn't put off? You've stretched yourself – but how?

There is real meaning and purpose in your life, how?

You're involved in things that truly excite you and meet a real need. What are they?

What does success mean to you?

How would you define your success over the past ten years?

What are you looking forward to?

There's an exciting life ahead of you. What practical steps are you planning and what do you dream of achieving?

If you need a bigger ticket, just continue on a separate piece of paper.

GOLDEN TICKET

DATE: (Ten years from now)

Congratulations!

You've now created a Golden Ticket to your ideal life. It's time to look back over those amazing ten years that have brought you everything you wanted and answer three simple questions.

In achieving all of my goals, the biggest problem I overcame was...?

(Not just the day-to-day hassles but the most enormous problem that you actually overcame.)

I overcame this by...?

(What practical steps did you take?)

The people who helped me were...?

(Who really helped and how did they make a difference?)

TIME FOR ACTION

1. Share your Golden Ticket with the people who matter most to you.
2. If you struggle to write it, try sketching a picture or speaking into a recording machine.
3. Keep revisiting your Golden Ticket every 6-12 months as it will change and sharpen up over time.



Your starring performance

FIRST READ THIS

So, you have a Golden Ticket to your future. It's now time to make it real. We can learn a lot from some famous and not-so-famous performers. They all have great talent (as you do) but the thing that sets them apart is their commitment to take action.

Robbie Williams is more nervous than anyone before going on stage but rehearses like mad beforehand.

Dame Kelly Holmes only achieved her Olympic double at the age of 34 through sheer determination and despite her numerous injuries.

Richard Branson only created the Virgin record store because he had to act when a postal strike coincided with the launch of his mail order business.

Nelson Mandela took action to change the face of South Africa even after 27 years in prison.

You may have all the talent, passion and vision in the world but without action and focus you're simply daydreaming.

NOW THINK ABOUT IT

Here are some tips for your starring performance and how to begin to make this happen. Tick the key actions that will bring your Golden Ticket to life.



LIVE YOUR DREAMS

Don't be afraid to live your dreams. Silence that negative voice inside you saying 'I can't'. Don't be pressured by people who want you to do what they suggest.



GET WORK EXPERIENCE

Get some relevant work experience and do some voluntary work. Get practice at what you want to do – really build up your experience.



CHECK OUT YOUR OPTIONS

Look into your choices by finding people who've done what you're interested in. Ask their advice and check if it's for you.



MAKE AN EFFORT

Take a fresh approach. Make an effort to speak to new people, join new clubs/societies and do something different this weekend.



Want to change someone else's life? Why not start with your own?

○ **KEEP AN OPEN MIND**

Stay open to every possibility. Volunteer for positions of responsibility at school, develop a new skill this summer, don't be too quick to say no.

○ **TAKE YOUR CHANCES**

Take lots of small risks. Look for safe opportunities to try things out. Get in touch with people you admire and be more brave.

○ **CHECK YOUR MOTIVATION**

Make sure you're doing things you love and are passionate about. Keep updating your Golden Ticket and focus on the things that excite you most.

○ **STRETCH YOURSELF**

Keep making your Golden Ticket even bigger and bolder. Aim for higher qualifications. Set yourself a target every week.

○ **TALK TO OTHERS**

Think of everybody you know – friends, family, teachers, neighbours. Spot the people who can help

you reach your dreams, talk to them about these and ask for their ideas.

○ **BE CONFIDENT**

Keep a list of all your achievements. Ask friends and family for positive feedback. Believe you can do it!

○ **HAVE FUN**

Enjoy yourself along the way. Have a positive attitude each day. Hang around fun, positive people.

TIME FOR ACTION

1. Identify the three actions that will make the greatest difference to your overall performance in bringing your Golden Ticket to life.
2. Now decide:
 - What your first step will be
 - Who can help you
 - When you will do these byThe STAR action plan on the next page will help you do this.
3. Enjoy yourself and begin to make it happen.





Your STAR plan

FIRST READ THIS

Fantastic! You now have a clearer idea of your skills, treasures, ambitions and roles in life.

Well done! You have a Golden Ticket for your future and lots of ideas on how to put in a STAR performance.

Remember every STAR in life started with small steps; maybe just a couple of days at work with friends or family or perhaps an informal chat with a careers advisor or someone who is able to offer good advice.

But life isn't always that simple. It's full of choices and you now have three:

CHOICE 1 Throw your dreams away
(a split-second decision)

CHOICE 2 Push them away to someday sometime
(I can't be bothered)

CHOICE 3 Make your dreams real today
(do something brave NOW)

Don't let the wrong attitude ruin your chances.

Take action now.

NOW THINK ABOUT IT

Place the three goals that will make the biggest impact on your future in the centre of the STAR plan above. You may need a separate piece of paper for all your ideas.

Be as specific as you can with them, eg:

1. Gain three months work experience in journalism.
2. Volunteer to write two articles for your school magazine.
3. Start to build a portfolio of creative writing.

Then imagine you have a board of four wise people advising you – their names are Why, What, Who and When. Each asks you a question. Fill in your response on the STAR plan above.

TIME FOR ACTION

1. Talk through your STAR plan with at least two friends. Be positive and see how they can support you with this.
2. Go back to your STAR quiz on page 6 and do it again to see how far you've already come.
3. Carry on doing the things you have done in STAR. Make this a lifetime habit.

Signing the deal

I'm committed to:

SKILLS

Finding creative ways of using the skills I love and am good at.

TREASURES

Being involved in things that get me really passionate and interested.

AMBITIONS

Achieving all my hopes and dreams.

ROLES

Playing the roles I really want to play in life.

And being a STAR throughout the whole of my life.

SIGNED BY ME

DATE

WITNESSED BY

DATE



SO WHAT'S THIS BOOK ABOUT?

STAR will help you understand a little more about who you are, discover what you really want from your life and help you make more informed choices by creating a practical plan to realise your true potential.

If you are interested in knowing more about STAR and the wider Windmills resources, please visit our website.

www.windmillsonline.co.uk
www.careersnorthwest.com

