

# ican...

# Welcome

Activity



# iCan... Welcome

## Making my difference

iCan is an exciting process that challenges, inspires and empowers you to take control of your life, be the best you can be and make your unique difference in the world.

It will help you create a meaningful vision for your future, connect with the people who can support you and contribute to making your vision a reality by developing a series of meaningful experiences via your own personalised pathway of practical steps.

iCan contains a range of different activities which you can complete as a whole programme of support or split up the activities and use as separate standalone sections.

Each section will help you to discover more about you, and what you want for the future. It will help you develop a set of actions to work on as you begin to move closer towards your future vision.

Whether you do this by yourself or choose to do it with friends, peers, or as part of a wider group the choice is yours, but you may find it helpful to have someone to help you do this – a positive friend, family member, role model or mentor could all support you.



## Think it

Develop a healthy mindset



## See it

Create a meaningful vision



## Feel it

Focus on what I care about



## Touch it

Play to my strengths



## Be it

Be the best I can be



## Do it

Make it happen

iCan will help you create a vision for the future and take the first steps towards this.



# Make every day count

There are seven billion people on this planet with only two things in common. We are all born and we all die. The bit in between is that thing called – our life.

Imagine your life as a week with each day representing 12 years. You're born on Monday morning and 12 by Monday night, 36 on Wednesday, 60 by Friday evening, 84 by Sunday and if you're lucky you may get a bank holiday Monday too.

For a moment just consider what day of the week you are on now and what your journey to this point has been like so far. What have you learned? What have you celebrated in this time? Now think about Tuesday and consider the kind of decisions you may make in your life on this particular day.

A lot can happen between 13 and 24 and much of the following week can be shaped by what you decide on Tuesday.

Now imagine you're on Sunday evening (84 years old) and looking back over the week of your life. It's been amazing, you've had a great time – what kind of things do you think you would be celebrating and be thankful for?

Monday 0-12

Tuesday 13-24

Wednesday 25-36

Thursday 37-48

Friday 49-60

Saturday 61-72

Sunday 73-84

Bank Holiday 84+





Think it



See it



Touch it



Feel it



Do it

When the wind  
blows, some  
people build  
walls others  
build windmills.

The Windmills Foundation