



ican...

ican...

BE THE BEST
AND MAKE MY
DIFFERENCE



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.

MONDAY 0-12

TUESDAY 13-24

WEDNESDAY 25-36

THURSDAY 37-48

FRIDAY 49-60

SATURDAY 61-72

SUNDAY 73-84

BANK HOLIDAY 84+

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?

MAKING A START

It doesn't matter what day of the week you are on, however challenging yesterday has been, it's up to you to make the most of the rest of your week. iCan is about helping you to take control and realise your potential by developing a healthy mindset, creating a meaningful vision, focusing on what you care about, playing to your strengths and making things happen. So how are you scoring on these elements at the moment? Score your responses to the following five questions as honestly as you can. (10 = highly effective, 0 = very poor) and plot your results on the chart below.



Draw a line to link each score and see what your circle looks like. Highlight those areas that you are scoring highest in and where perhaps you would like to improve your score – how could you go about doing this?

In the middle of this booklet is an **iCan poster** which you will be prompted to use to record your thoughts as you go through each section. You may wish to add your name to it and write today's date on it too. Each section of this booklet 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 now as you begin to move closer towards your future vision. The choice is yours over how you work your way through the different sections, 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.



ican... THINK IT

Develop a healthy mindset

Changing the way you think – your mindset, can change your life. And the exciting thing is you have the choice to do this.

Every day, life dishes up all sorts of Events (E), but however good or bad these events are, it's the way we Act (A) and Think (T) about them that makes all the difference. Life is 5% about what happens to us and 95% how we choose to respond to what is happening to us.

LEARN FROM ROLE MODELS

Think about your role models in life – people who are important to you, have made a difference, people you believe in and people you really aspire to be more like. They may not be famous people but ordinary members of your family, friends or community who inspire you.

Ask yourself:

What has shaped them to be who they are?

What positive thoughts do they use to overcome challenging events?

What words of advice would they give you?

It may also be worth looking on page 10 at some of the iCan phrases and comments that others have said as they have gone through their lives. You may wish to circle the ones that you feel could be particularly helpful to you as you try to develop a healthy mindset or perhaps make a note of them in the 'Think It' section of your iCan poster.

LEARN FROM EXPERIENCE

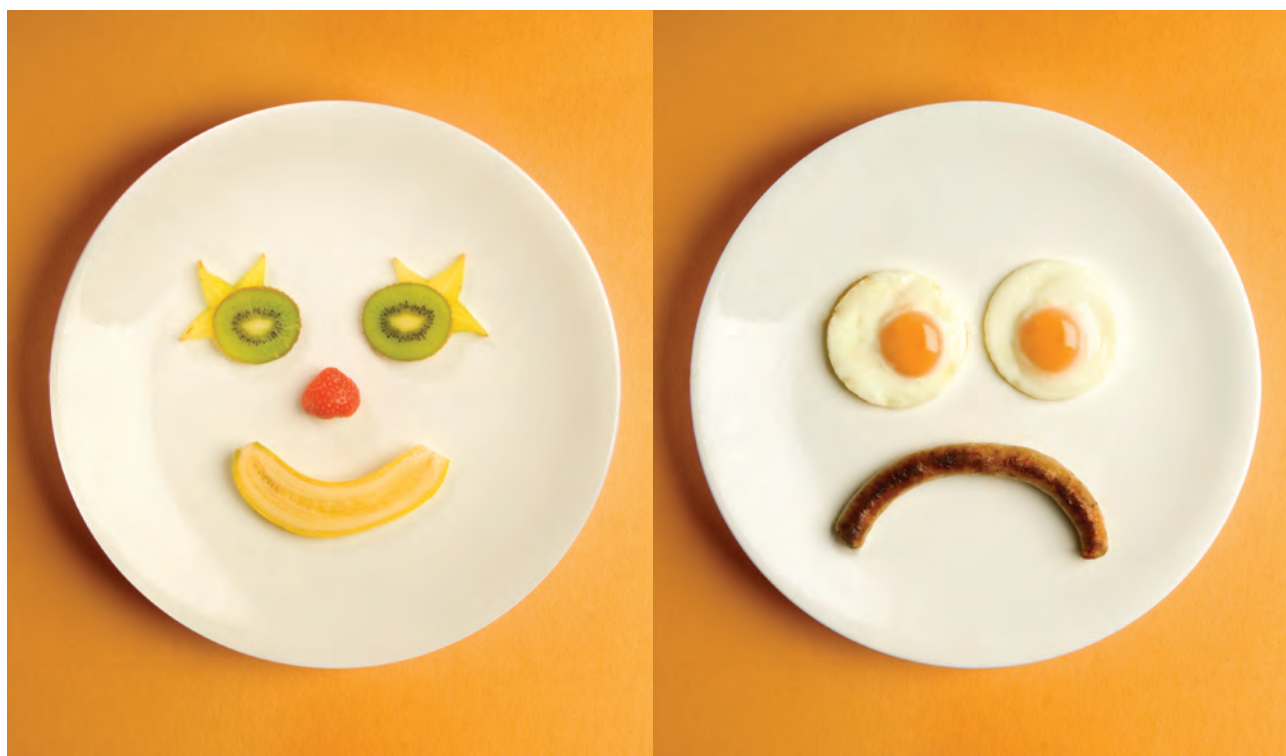
Over the page are a number of different images that may represent aspects of your life. Take a look at them and think which two or three have played a significant part in your life up to this point. In what way have these been significant? Now consider which two or three you feel are particularly current at the moment. What can you do to think and act positively to deal with these just now?

Make a note of the images you have picked that represent you now, along with any actions you have thought of to help you deal with these. Make a record of these in the 'Think it' section of your iCan poster.

DEVELOP A HABIT

Finally imagine you are on a different day in the week of your life – perhaps Wednesday midday – you are 30 yrs. old – which two or three images do you feel you would want to choose now? What positive thinking habits do you feel you would need to develop to help make these images a reality? Again make a note of the images you have chosen and any actions you may need to take in the 'Think It' section of your iCan poster.

Remember it is not the event that is the issue but rather the way you act and think about it.



EAT = EVENT
ACTION
THINKING



EMOTIONAL WELLBEING



PASSIONS



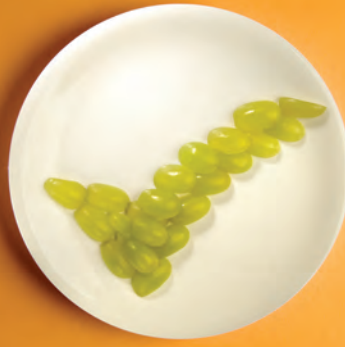
FRIENDS



SECURITY



DIFFERENCE



HEALTH



FAMILY



DEATH



OPPORTUNITY



MONEY



SADNESS



FOCUS



HAPPINESS



ROLES



DISASTERS



CELEBRATION



SURPRISES



WORK



LEARNING



CHALLENGES



VALUES



CHANGE



SUCCESS



MESS

I can take control – not allow anyone or anything to control me. I have the right to choose

I can give myself some time to think – no need to panic but invest some time in this to listen to myself and my gut feelings – I'm the one who knows me the best so trust and believe in myself

I can do this – if it matters enough to me and I care about it enough then I can do it

I can build on what I have experienced so far. Whether good or bad I have learned lessons which I can use to now look forward and take my next steps

I can talk to others and ask for help when I am struggling – I can listen, get their views and input, not be afraid to say I am stuck but still make my own decisions on what I want to do

ican...

I can make mistakes and not get it right all the time – that is how I'm going to learn and grow by not getting it right all the time but by learning how I might do it differently next time

I can enjoy the journey – see this as an adventure that I am having which will enable me to do what I love, using what I am good at, with people who I care about, for a purpose I believe in and have a great time along the way

I can try different things out to find out if I like it – only then can I truly know whether this might be for me or not

I can choose the way in which I want to do this – I can decide when and where and how

I can try things that may be a bit scary and out of my comfort zone – I can still choose to have a go or walk away

IF YOU THINK
YOU CAN OR YOU
THINK YOU CAN'T
YOU ARE RIGHT.

Henry Ford – American Industrialist
and Founder of the Ford Motor Company



ican... SEE IT

Creating a meaningful vision

Creating a clear vision for your life can help you shape a future for yourself rather than being influenced by other people.

In developing an exciting and compelling vision, first be honest about what you truly value and see as important. Secondly ensure your vision has realism, variety, detail and alternatives. Thirdly, keep re-evaluating your vision as it may evolve and change over time based on maturity and experiences. What you prioritise on the early days of the 'week of your life' may change by the weekend.

Leaving things to chance can mean that you don't fulfil your dreams in life, much like buying a ticket with the slimmest of chances of winning the lottery. To avoid this happening consider choosing priorities for your life from the lottery balls shown on the next few pages. There is even a bonus ball in there that can represent anything you want it to. Circle those that mean the most to you and that you want to have in your life.

Now think again about your future and out of those priorities you have already circled identify the top six (they can be from any section). Pick the ones that you have either not got at all, or not got enough of now, that will play a big part in helping you to be happy, fulfilled and able to realise your true potential as you go through the week of your life.

SURVIVAL



HEALTH



EMOTIONALLY WELL



MONEY



SECURE



HOME



FOOD AND WATER



RECOVERY



SAFE

CONFIDENCE



POSITIVE



CONFIDENCE



RECOGNITION



SELF-ESTEEM



RESILIENCE



SKILLED



IDENTITY



FUN

RELATIONSHIPS



LOVE



FRIENDSHIP



FAMILY



COMMUNITY



UNDERSTANDING



TRUST



BELONGING



SUPPORT

IMPROVEMENT



CHALLENGE



LEARNING



REALISING POTENTIAL



ENTHUSIASM



ACHIEVEMENT



COURAGE



CREATIVITY



DETERMINATION

PURPOSE



CONTENTMENT



CHOICES



SPIRITUALITY



BE MYSELF



MEANING



FOCUS



RESOURCEFUL



PASSION

TIME



CARE



FREEDOM



CONTRIBUTION



GLOBAL CITIZEN



SHARING



WILLING



SERVICE



BONUS BALL

YOUR NEXT CHAPTER

As you begin to consider the rest of the week of your life you are about to start a new chapter, so what do you want the SCRIPT of your next chapter to be? (Survival, Confidence, Relationships, Improvement, Purpose, Time).

Realising our full potential relies on us first having the basic foundations of life to survive, we can then begin to grow in confidence and develop our relationships. Continuing to improve can lead to a greater sense of purpose and the opportunity to create time to make a difference using our unique combination of skills and talents.

Using the colour coding below can help you to identify where your priorities lie in your future script.

S	SURVIVAL Building the foundations for my life	HEALTH, EMOTIONALLY WELL, MONEY, SECURE, HOME, FOOD AND WATER, RECOVERY, SAFE
C	CONFIDENCE Developing belief in myself	POSITIVE, CONFIDENCE, RECOGNITION, SELF-ESTEEM, RESILIENCE, SKILLED, IDENTITY, FUN
R	RELATIONSHIPS Connecting with others	LOVE, FRIENDSHIP, FAMILY, COMMUNITY, UNDERSTANDING, TRUST, BELONGING, SUPPORT
I	IMPROVEMENT Growing personal potential	CHALLENGE, LEARNING, REALISING POTENTIAL, ENTHUSIASM, ACHIEVEMENT, COURAGE, CREATIVITY, DETERMINATION
P	PURPOSE Finding meaning in my life	CONTENTMENT, CHOICES, SPIRITUALITY, BE MYSELF, MEANING, FOCUS, RESOURCEFUL, PASSION
T	TIME Giving time and talents to others	CARE, FREEDOM, CONTRIBUTION, GLOBAL CITIZEN, SHARING, WILLING, SERVICE, BONUS BALL

Make a note of the six lottery balls you have chosen in the 'See It' section of your iCan poster.

By each highlight:

Why is this a priority for you?

What this priority will look like when you have got it?

How can you make this priority happen?

VISION WITHOUT
ACTION IS
MERELY A
DREAM. ACTION
WITHOUT VISION
JUST PASSES
THE TIME. VISION
WITH ACTION
CAN CHANGE
THE WORLD.

Joel A Barker – Author



ican...

FEEL IT

Focusing on what I care about

You may have a positive mindset and a clear vision to work towards, but unless this vision contains what you really care about, your heart won't be in it.

You can achieve just about anything if it matters enough to you. Sometimes though, many of us are so busy rushing through life working harder and harder, it is possible to forget what makes us happy and what we care about.

Be honest with yourself and think in your heart of hearts what do you care most about? What do you love doing? What do you believe in?

To help you answer these get yourself a piece of paper, and using the questions opposite to prompt some ideas, make a list of all the things you really care about. Make the list as big and creative as possible, looking at the whole of your life – your working, learning, playing and giving.

Now take a look at the images over the next four pages. Each of these is a potential “doorway” through which you may get opportunities to involve yourself with those things you care most about. There's even a mystery door just in case. You may be able to earn money (work), understand more (learn), have fun with (play), or contribute (give) to an area you are interested in.

THE HEART OF WHAT MATTERS

PASSIONS

What are you really passionate about?

PURPOSE

What purposes and causes would you like to give your time and talents to?

EXCITEMENT & FUN

What do you do with friends and/or at a weekend that gets you excited and helps you have fun?

HOBBIES & INTERESTS

What hobbies or interests do you have, or would love to get involved in?

FIRED UP

What issues or topics get you most fired up?

SUBJECTS

What are your favourite subjects?

Many people spend more time planning their holidays than their career but when you find a role you love, you can add five more days to your weekend.



ANIMALS



ARTS



BUSINESS



CARE



CHARITY



COMMUNICATIONS



CONSTRUCTION



CREATIVITY



CULTURE



DESIGN



DEVELOPMENT



ELDERLY



ENGINEERING



ENTERTAINMENT



EMPLOYMENT



ENVIRONMENT



EQUALITY



FAMILIES



FAITH



FASHION



FINANCE



FOOD AND DRINK



HEALTH



HOMES



JUSTICE



LEARNING



LIFESTYLE



LANGUAGES



MAKING



MEDIA



MUSIC



OUTDOORS



PEOPLE



POLITICS



POVERTY



PUBLIC SERVICE



REGIONS



RETAIL



SCIENCE



SPACE



SPORT



TECHNOLOGY



TRANSPORT



TRAVEL



WORLD AFFAIRS



VOLUNTEERING



YOUTH



MYSTERY

IT'S MY LIFE AND I LOVE IT

There are lots of possibilities to bring the things you love to life. You can work with them, learn with them, play or give with them. Take a look at the list you have created and the doors you have circled and choose a couple of items you enjoy the most for each of the working, learning, playing and giving circles below.



Make a note of these in the 'Feel It' section of your iCan poster.

You may want to take this further by creatively combining some of your doors together. For example you may have chosen a sport door and an obvious way of getting involved with sport is by playing it. If, however, you combine sport with some of the other doors it can open up all kinds of other opportunities that will allow you to still get involved with sport but in a different way.

MEDIA e.g. writing, reporting, blogging

DEVELOPMENT e.g. sports clothing design, performance improvement techniques

HEALTH e.g. working with families to get young people engaged in sport, improving well-being and health of others.

IT'S NOT THE
DAYS IN YOUR
LIFE THAT COUNT
IT'S THE LIFE IN
YOUR DAYS.

Demelza House Hospice

ican...



THINK IT



TOUCH IT



NAME

DATE



SEE IT



FEEL IT



DO IT



• i can... TOUCH IT

Playing to my strengths

To realise your full potential in life it helps to have a rich mix of different skills.

Having identified some doors that could help you bring your passions to life, this section will now enable you to maximise these opportunities by building on the skills you love. It will help you to explore roles that fully utilise these skills and highlight sectors of employment that also excite and interest you.

You have far more skills than you may think and you will have gained these through a blend of working, learning, playing and giving as you progress through the week of your life. While you may be “good” at certain things you will also “love” particular skills and talents.

PARTY EXERCISE

To identify the skills you both love using and are good at, imagine you are at a party. As you walk round, you are greeted by ten different groups of people (see opposite), each who love using a particular set of skills. Firstly choose the group you feel most at home with as they too use the skills you really love using. Then some time later they have to go! Which group would you then join? Then finally, you have a chance to meet your third favourite group. Who would they be?

Make a note of these on the ‘Touch It’ section of your iCan poster.

Have a look at your top three groups over the page and tick the skills you see as your real strengths. These will be important when you think about the sectors of employment and roles you may wish to use these skills in.



THE MUSICIANS

People who like playing, composing or simply being around music



THE ACTIVES

People who enjoy anything to do with sport and leisure



THE HANDY-ANDIES

People who enjoy using their hands, working with objects or tools, making, preparing and fixing things



THE CREATIVES

People who love arts, words, language, being creative, innovating and using their imagination



THE THINKERS

People who like to reflect, think, philosophise and make plans about themselves and others



THE COMMUNICATORS

People who love relating to others including selling, motivating, educating, teaching, and negotiating



THE SUITS

People who love being in the world of commerce and business



THE CARERS

People who like to help, cure or support others



THE GREENIES

People who love nature, animals, the outdoors and/or caring for the environment



THE MATHEMATICIANS

People who love numbers, science and logic

We are all good at different things. We can celebrate this and look for opportunities to share these with others who may have different skills to us.

ME AND MY SKILLS...

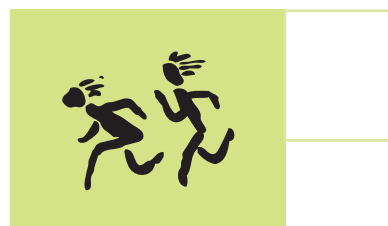
Tick the skills you feel you love and are good at, starting with your favourite three groups.



THE MUSICIANS

People who like playing, composing or simply being around music

- ☐ Performing
- ☐ Collaborating
- ☐ Practicing
- ☐ Recording
- ☐ Producing
- ☐ Improvising
- ☐ Orchestrating
- ☐ Composing
- ☐ Singing
- ☐ Entertaining



THE ACTIVES

People who enjoy anything to do with sport and leisure

- ☐ Exercising
- ☐ Exploring
- ☐ Well-being
- ☐ Sporting
- ☐ Adventuring
- ☐ Playing
- ☐ Dancing
- ☐ Organising
- ☐ Engaging
- ☐ Travelling



THE HANDY-ANDIES

People who enjoy using their hands, working with objects or tools, making, preparing and fixing things

- ☐ Building
- ☐ Repairing
- ☐ Making
- ☐ Crafting
- ☐ Administrating
- ☐ Cooking
- ☐ Cleaning
- ☐ Painting
- ☐ Tending
- ☐ Maintaining



THE CREATIVES

People who love arts, words, language, being creative, innovating and using their imagination

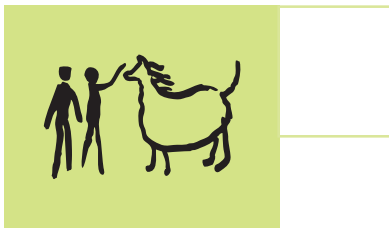
- ☐ Inventing
- ☐ Creating
- ☐ Imagining
- ☐ Designing
- ☐ Changing
- ☐ Developing
- ☐ Connecting
- ☐ Drawing
- ☐ Visioning
- ☐ Writing



THE SUITS

People who love being in the world of commerce and business

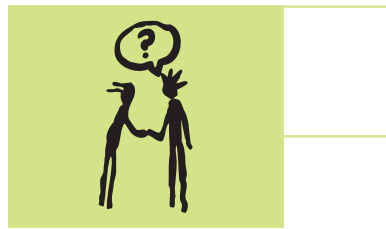
- ☐ Selling
- ☐ Persuading
- ☐ Fundraising
- ☐ Marketing
- ☐ Enterprising
- ☐ Leading
- ☐ Initiating
- ☐ Championing
- ☐ Promoting
- ☐ Risk-taking



THE GREENIES

People who love nature, animals, the outdoors and/or caring for the environment

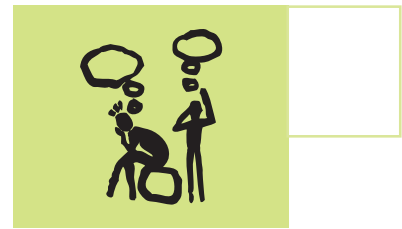
- ☐ Protecting
- ☐ Preserving
- ☐ Salvaging
- ☐ Planting
- ☐ Conserving
- ☐ Growing
- ☐ Regenerating
- ☐ Re-cycling
- ☐ Tidying
- ☐ Saving



THE COMMUNICATORS

People who love relating to others including selling, motivating, educating, teaching, and negotiating

- ☐ Communicating
- ☐ Team working
- ☐ Teaching
- ☐ Presenting
- ☐ Listening
- ☐ Motivating
- ☐ Inspiring
- ☐ Managing
- ☐ Liaising
- ☐ Educating



THE THINKERS

People who like to reflect, think, philosophise and make plans about themselves and others

- ☐ Reflecting
- ☐ Thinking
- ☐ Planning
- ☐ Learning
- ☐ Reviewing
- ☐ Researching
- ☐ Processing
- ☐ Reading
- ☐ Philosophising
- ☐ Observing



THE MATHEMATICIANS

People who love numbers, science and logic

- ☐ Accounting
- ☐ Evaluating
- ☐ Solving
- ☐ Analysing
- ☐ Forecasting
- ☐ Appraising
- ☐ Budgeting
- ☐ Financing
- ☐ Computing
- ☐ Systematising



THE CARERS

People who like to help, cure or support others

- ☐ Helping
- ☐ Caring
- ☐ Sharing
- ☐ Supporting
- ☐ Understanding
- ☐ Mentoring
- ☐ Empowering
- ☐ Befriending
- ☐ Loving
- ☐ Assisting

To be employed
is to be at
risk. To be
employable is
to be secure.
Highlight
additional
skills you need
to develop
further to stay
employable in
the future.

CONNECTING YOUR SKILLS WITH EMPLOYMENT SECTORS

You have a unique combination of skills and these can all be used in any number of different sectors.

FOR EXAMPLE, someone who loves being a communicator could work in the **build it** sector exploring local residents' needs as new developments are built; they could work in the **visit it** sector as a museum educator and guide or the **connect it** sector as an online blogger.

The diagram on this page can be looked at in two ways. Firstly, by thinking about the types of sectors you could potentially work in, and secondly the roles within these sectors that might be of interest.

FOR EXAMPLE, you could combine a **develop it** role in the **make it** sector by designing new production machinery in the food manufacturing industry.

At this stage, while you are beginning to explore alternatives, it is important not to box yourself off by only thinking of the job title or one job role. Instead, try and create as many possibilities as you can by combining roles and sectors that link to your skills and passions. If a sector you are interested in is not listed then just include it.

Pick 2 or 3 sectors that you feel connect with your skills and passions and identify potential roles that you may like to explore further in each of these. Make a note of these in the 'Touch It' section of your iCan poster.





You may throughout your career move around these sectors, combining these with different roles.

FOR EXAMPLE, someone who started off working in **sell it** and enjoyed training others as part of this role, then moved into the **know it** sector as a trainer to use these skills further. They then started their own charity training young people in the **give it** sector.

To help you explore how your skills and passions could link to different sectors and roles, you may find talking with a role model, friend or mentor helpful. Exploring online job, career and work websites may also provide you with fresh information about roles and sectors that you may be interested in.

Over the page are some examples of opportunities within each employment sector that you may be interested in and wish to target. It does not include them all, but is a small sample for each, so if something you are interested in is missing then just include it. Circle all those that may interest you.

Once again these opportunities may not be limited to one sector but may appear in some of the others.

FOR EXAMPLE, while nutrition is listed under **develop it**, you could work in the field of nutrition in any of the **make it**, **sell it**, or **care for it** sectors.

KNOW IT Learning, research and innovation	Research, Education, Training, Specialist Expertise, Analysis, Development, Innovation, Consultancy, Market Research, Intelligence
BUILD IT Construction and building	Architecture, Design, Surveying, Building Operations, Construction Management, Estates, Facilities Management, Planning, Maintenance, Health & Safety, Civil Engineering, Structural Engineering
DEVELOP IT Science and pharmaceuticals	Bio & Life Sciences, Nutrition, Pharmaceuticals, Chemical Processing, Technology, Science, Robotics, Genetics, Product Development
MAKE IT Engineering and manufacturing	Engineering – Electrical, Mechanical, Process, Chemical, Maintenance, Manufacturing, Repairing, Production, Materials, Textiles, Food, Drink
MOVE IT Transport and logistics	Warehousing, Distribution, Logistics, Supply Chain Management, Shipping, Rail, Air, Road, Passenger Transport, Borders, Customs & Excise
CONNECT IT Digital, technology and communications	Software & Digital Development, IT, Communication Technology, Broadcasting, Web Design & Development, Systems Analysts, Cyber Security, Gaming, Data Management, Media, Language Interpretation
SELL IT Retail and consumer services	Marketing, Sales, Advertising, PR, Retail, Buying, Customer Services, Merchandising, On-Line Selling, Design, Fashion, Beauty
COUNT IT Financial and professional services	Accountancy, Financial Services, Management, Investment, Economy, Pensions, Legal Services, Insurance, Tax, Debt, Banking, Audit
VISIT IT Tourism, leisure, arts and culture	Arts, Tourism, Entertainment, Sport, Travel, Culture, Photography, Events, Accommodation, Lifestyle, Heritage, Leisure, Hospitality
CARE FOR IT Health, social care and public services	Nursing, Medicine, Healthcare, Social Care, Social Work, Therapy, Fitness, Emergency Services, Animal Welfare, Public Services
GIVE IT Charitable and voluntary services	Charities, Volunteering, Social Action, Poverty, Youth, Elderly, Environment, Community Cohesion, Faith, Fundraising, International Aid
SUSTAIN IT Energy, environment and agriculture	Energy, Utilities, Renewables, Farming, Forestry, Mining, Environmental, Agriculture, Fishing, Animals, Ecology, Conservation

WE FIND OUR
PURPOSE WHEN
WE USE THE
SKILLS WE LOVE,
WHERE THE
WORLD NEEDS
THEM MOST.

Richard N Bolles – Author of
'What Colour is your Parachute'.



• i can... BE IT

Be the best I can be

You will realise your potential and make your unique difference when you maximise the skills you love ('Touch It'), for purposes you care about ('Feel It'), to achieve goals that are meaningful to you ('See It'), with a positive self-belief and attitude ('Think It').

MY GOLDEN TICKET

Picture yourself in the future at a point where perhaps you are one day ahead in the "week of your life". You are living an amazing life, enjoying every opportunity, and making your unique difference. Your hopes, skills, values and passions have come alive. You have created your ideal blend of Working (paid employment), Learning (formal and informal), Playing (fun and fulfilment), and Giving (time and talents to others).

The shape of your WLPG blend is made up of four circles, the size of each being determined by the time and energy you put into them and the overlap being their level of connectivity (see sketches opposite.) Have a think about what you would like your sketch to be for the rest of your life. Now pick a date in the future and make a note of this on the next page. Imagine yourself on this day and create your own Golden Ticket, a passport to the future you want, by completing the statements. Take some time to look back at your iCan poster so that your skills, passions and values are included in the Golden Ticket you create.

Be big, bold, creative and imaginative with your responses.



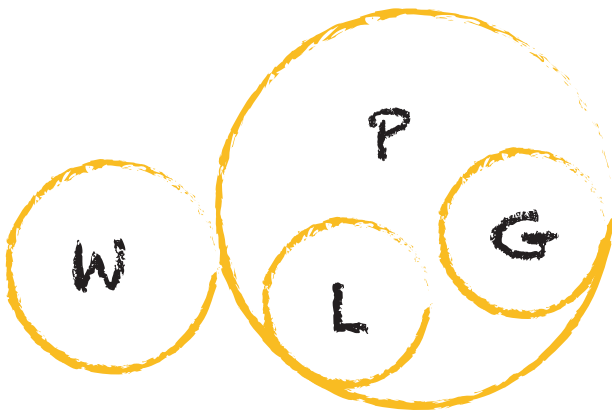
LIVING HAPPY

A sense of fun embraces the whole day



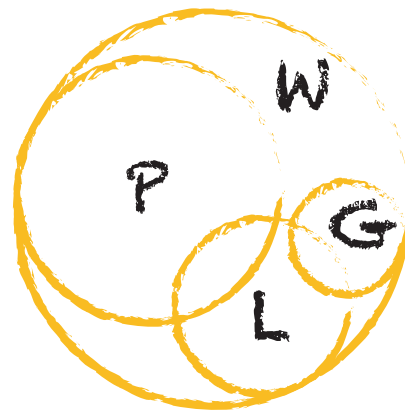
BURNED OUT

Unfulfilling work gobbles up life



WORKING TO LIVE

Earning money to fuel a passion



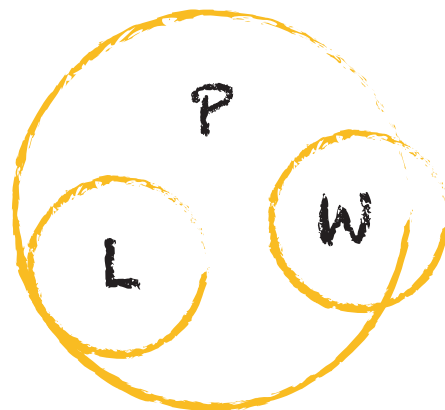
WORKAHOLIC

Passionate about work but no life outside



GENEROUS

Making a difference is more important



SELF-CENTRED

All about me, no giving to others

MY GOLDEN TICKET

WORKING

I'm in my ideal job which is...

.....

The things I do in my working day are...

.....

What I enjoy most about my job is...

.....

The impact I've made at work is...

.....

PLAYING

What I most love doing is...

.....

The exciting things going on in my life are...

.....

The people I love spending time with are...

.....

I'm having lots of fun because...

.....

DATE

LEARNING

The skills and qualifications I've gained are...

.....

I'm more employable because...

.....

The things I've learned about myself are...

.....

I've grown personally by...

.....

GIVING

I'm making my difference by...

.....

I'm giving my time and talents to...

.....

I'm fulfilled and content because...

.....

I'm making a greater impact by partnering with ...

.....

0783654 B



SHAPING YOUR PERSONAL PATHWAY

Everybody will have their unique route comprising a different combination and priority of **W**orking, **L**earning, **P**laying and **G**iving. Take a look at your Golden Ticket and identify which of these four routes would be a good place to start. Be true to yourself when you are developing yours.

The examples below may help.

WORKING

Find meaningful work experiences and opportunities that help you **GET TO THE POINT** where you can connect roles that interest you and maximise your strengths, in organisations and sectors that appeal to you. Consider getting involved in project opportunities, employer visits or information interviews with people who work in areas that appeal to you.

LEARNING

Ensure you are achieving your **STAR POTENTIAL** by identifying the further learning you may need to take to help you get closer to your goals. Design this so that it links your aspirations (passions, interests, motivations and values) with the needs of your target employers (attitudes, skills, experiences and qualifications)

PLAYING

Create time and space to enjoy yourself, develop your confidence and grow by meeting new people and developing your **SOCIAL CIRCLE**. This may involve joining a group who share a common interest, spending time with like-minded people who believe in you, or exposing yourself to new possibilities, places and people.

GIVING

Try to **THINK OUTSIDE THE BOX** by using volunteering as a stepping stone to gain new skills, contacts and experience. Start by helping family and friends. Move on to look at opportunities to 'give back' locally in your community, in your institution or with your employer. Focus on purposes meaningful to you.

BE THE CHANGE
THAT YOU WISH
TO SEE IN
THE WORLD.

Mahatma Gandhi



ican... DO IT

Making it happen

You can have the greatest vision in the world but without action it will always remain just a dream.

Having created your Golden Ticket you have three choices:

1. Throw it away
2. Put it off to someday sometime
3. Make it real now

So you can decide if you want to throw your dream away (choice one), or delay your dream until someday sometime when you have more motivation, money, confidence or skills (choice two). The problem is that someday may never happen. What if in twelve months time you are saying the same things? At this point it is easy to come up with a series of well-meaning excuses for why nothing has happened. "I haven't got enough time, I don't know where to start, I'm not confident, clever, rich or brave enough".

Take a look at the common reasons on the next page that can stop you moving from 'I can't' to 'I can'. Circle any that you feel could be obstacles that may be stopping you now. Identify what you personally need to do to overcome these and record your actions in the 'Do It' section of your iCan poster.

The choice is now up to you. Take a look over the page and identify how you can start to take the first steps to making your Golden Ticket real now (choice three).

STEPPING FROM I CAN'T TO I CAN





CREATE

Having created your Golden Ticket, pick one element that really excites you – Plan A. As a back-up, if Plan A doesn't come off, choose another element that excites and matters to you – Plan B



CONNECT

Now you have the start of a Plan A and Plan B there are a number of people who can support, encourage, guide, mentor and act as a role model for you. Who are the people you need to connect with to help you along the way?



CONTRIBUTE

It's up to you to take small practical steps to make Plan A and Plan B a reality and contribute towards your Golden Ticket. These steps may be in your working, learning, playing or giving. What actions do you need to take?

PLAN A

The goal I've created is:

PLAN B

The goal I've created is:

The people I need to connect with are:

The people I need to connect with are:

The actions that will contribute to this are:

The actions that will contribute to this are:

KEEPING IT GOING

Having identified some first steps to take to begin to make your Golden Ticket real, the following hints and tips may be useful to keep you going. Some of the ideas on pages 10 and 43 may help you too.



CHECK YOUR DIRECTION

Keep your Golden Ticket in a prominent place and regularly review and update it. Check whether the actions you are taking are still moving you in the right direction.

ONE STEP AT A TIME

Be prepared to put in some interim steps to get you to where you want to go – trying to take leaps may be too much – try baby steps instead.

STOP ALONG THE WAY

Enjoy the scenery, the new landscapes, views and experiences – take time to see the bigger picture and celebrate the journey.

TRAVEL WITH OTHERS

Sometimes the journey will feel a little less scary if you share it with someone who believes in you, shares your values or can help along the way.

TELL OTHERS WHAT YOU ARE DOING

Share your Golden Ticket with others – the more people that know about it, the more people can help.

THINK ABOUT WHAT YOU HAVE LEARNED SO FAR

Think about what you have learned so far – learn from the up's and down's of your journey. Create alternatives, find solutions and stay flexible.

DON'T BE
AFRAID TO FAIL,
BE AFRAID NOT
TO TRY.

Nelson Mandela

iCan is an exciting new resource which inspires individuals to fulfil their potential by creating a meaningful vision for their future and taking practical steps to make this a reality.

This resource is the first element in a wider programme of support which helps individuals create their vision, connect with people who can help them and contribute by personalised action.

iCan has been developed by the team at Windmills, a social values business and charity. Building on its higher education expertise of cutting edge research and creative development, Windmills continues to innovate and grow its portfolio of resources, tools and programmes which enable individuals to fulfil their potential, be all they can be and make their unique difference.

Operating as a collaborative partner, Windmills wishes to thank all those who have been involved in the development of iCan.

In particular all the young people who co-created, piloted and tested the resource, Liverpool City Region Combined Authority (LCR), Future U part of NCOP, LCR Apprenticeship Hub, Liverpool John Moores University, Merseyside Youth Association, Talent Match, Merseyside Expanding Horizons, Sefton EBP, Sefton CVS and the support of the European Social Fund.

For further information about Windmills and iCan please contact us:



E. admin@windmillsonline.co.uk

T. 01704 874903

www.windmillsonline.co.uk

