

INSTRUCTIONS: SUSTAINABLE FUTURES

Sense of Purpose - The motivation that drives you towards a satisfying future.

'Inspiring Purpose' is a personal development programme that aims to help you discover who you are and who you could become. You will learn about character, virtues and strengths and use these to define your purpose, your goals and your vision for a sustainable future.

Activity 1 Virtues and Values

The first four boxes have an activity area. Each section lists some qualities linked with a particular value associated with the lessons we can learn from the challenges of change. Rank these qualities in the order that best describe you, with No. 1 being your strongest quality. Now write a short statement in the left-hand box to explain the quality that best describes you. In the right-hand box explain your choice of quality you most need to work on.

TIP: Use our website to explore the meaning of virtues and values and don't forget to ask for help if you are still not sure what to do.

Activity 2 Endangered Species or Significant Environmental Issue

EITHER choose an endangered species, explain why it is under threat, why it is important and how you would recommend conserving it, OR choose an environmental issue, explain its significance for you and how you would recommend tackling it.

Activity 3 Who Inspires You and Why?

We can be inspired by the actions and achievements of others in ways that can help us make a success of our own lives. Choose an inspiring person, story or project related to sustainable futures. Perhaps there is a story you could tell from your own experience and what you have learned. What virtues and values does the person, story or project demonstrate? How are the principles of sustainability applied? Why do you find the people involved inspiring? What is it about them that you admire? Do they have ideals, values, or characteristics that you would like to live up to?

TIP: Remember it is not just about writing. You could include drawings, pictures or embed video content. You will find resources on the website to help you choose and research your inspirational figure.

Activity 4 Inspiring Quotes

We can learn so much from the wisdom and experience of others expressed in short quotations and maxims. Do you have a memorable quotation from your inspirational figure or from some other source?

Activity 5 Photo or Video

Insert a photo or embed a video into the space provided and explain your choice, perhaps relating it to your inspiration. You can either choose a photo/video showing something that is wrong and needs changing or a photo/video demonstrating something you like or would like to see done.

Activity 6 My Aspirations

By completing this programme you have learned some new things about yourself, about others and about the world. You can now work out what kind of person you want to be and become. Think about how you feel about a sustainable future, what you are grateful for and what you think needs to change. There is space for you to write about what you think should be the priorities for a sustainable future. Finally, reflect on how this exercise has helped you define your purpose and aspirations and how you can make a personal contribution. By developing your own vision, you can make plans and decisions, then act on them to create your own future.

TIP: Think carefully and answer the questions as best you can. Do not rush – reflect first and write from the heart! You can include drawings or photos to get across what you want to say.