

Sense of Future

What is it?

Your Sense of Future is your vision about times to come. It motivates you to set goals, make plans, and look ahead with hopefulness.

Why is Having a Sense of Future So Important?

- Helps us to understand that the decisions we make now will affect who and where we are in the future.
- Allows us to predict what is likely to happen if we behave in certain ways.
- Gives us motivation to undertake less pleasant tasks now in order to enjoy greater rewards in times to come.
- Helps us remain hopeful, even in the face of unexpected challenges.

Important Benefits

- Allows us to imagine possibilities and to make plans to meet those dreams.
- Reminds us that the future holds possibilities for fulfilment for every one of us.
- Allows us to understand that even if things don't work out, the act of trying can open new (and sometimes better) opportunities.

Ways to Strengthen Your Sense of Future

- Encourage yourself to set goals, even small ones.
- Make plans that include time for enjoyable or pleasant events.
- Approach problems from different perspectives, and think realistically about them.
- Don't discourage yourself from thinking about your dreams and goals, no matter how impossible or difficult they might seem.
- Remember that your values set the tone for your goals.
- Accept support offered by others, and seek assistance when you need it.
- Speak helpfully to yourself.

What if I'm Struggling with My Sense of Future?

Many people experience times in their lives when things seem hopeless and the future looks tough or empty. In those situations, it can be very helpful to speak with someone. Friends, family, trusted adults, and medical professionals are good places to start. Some other helpful resources include:

WEBSITES

www.youthbeyondblue.com
www.lifeline.org.au
www.sane.org
www.reachout.com
www.headspace.org.au
www.inspire.org.au

HELPLINES

Youthbeyondblue: 1300 22 4636
Kids Helpline: 1800 55 1800
Lifeline: 13 11 14
Sane Australia: 1800 18 7263

ONLINE COUNSELLING

www.kidshelp.com.au



SENSEABILITY

