

# Future Me 2.0

Life Planning through Creativity



# Inspiration

CrCrt630 curriculum

Theme 1 and Theme 2 projects

Video games / learning theory

Classmates

Dr. Eliz Fenstermacher

# Overview

Designing your future life by designing your future self

Lifestyle, careers, passions

Defining creativity

Using creativity

Three phases - 12 lessons each (36 total) - very flexible

Grading mostly subjective, up to the instructor

# Phase 1 - The Search for Creativity

Career survey

Open journaling

Reading and re-reading stories - simple, short narratives

Where is the protagonist being creative? Feedback

Lectures: creativity - benefits, definitions, examples in and out of art

Watching and rewatching television episodes - shorter than movies - poll the class on selection

Where is the protagonist being creative? Feedback

# Phase 2 - Future Me

Guided journaling

Lectures: Future Me worksheets, career planning, life design, goal setting

Video game character

Professional career guests - lecture and mentorship

Future Me worksheets

Creation of symbolic sculpture

Readings

# FUTURE ME

NAME: \_\_\_\_\_

## ATTRIBUTES

(35 PTS, 9 MAX-1 MIN)

INTELLECT   
CURIOSITY   
CHARISMA   
ANALYSIS   
EMPATHY   
CREATIVITY   
HUMOR   
FOCUS   
CONSISTENCY   
TOTAL: \_\_\_\_\_

## PHYSICALITY

(28 PTS, 8 MAX-0 MIN)

STRONG AS I CAN BE   
FAST AS I CAN BE   
LOTS OF ENDURANCE   
SWIMMING   
RUNNING   
CLIMBING   
SPORT/MARTIAL ART   
LIST: \_\_\_\_\_  
HEALTHY LIFESTYLE   
TOTAL: \_\_\_\_\_

## EMOTIONS

(12 PT, 5 MAX-1 MIN)

ANGER   
JOY   
FEAR   
SADNESS   
DISGUST   
TOTAL: \_\_\_\_\_

WHAT'S YOUR  
FAVORITE ANIMAL?  
\_\_\_\_\_

WHAT'S YOUR  
FAVORITE COLOR?  
\_\_\_\_\_

# Phase 3 - Island Journeys

Guided journaling / looking at old journals

Lectures: "W" diagram, Island Journeys terms and worksheets

Rereading stories from Phase 1/2, identify moments the "W" arc

Do the same with television episodes

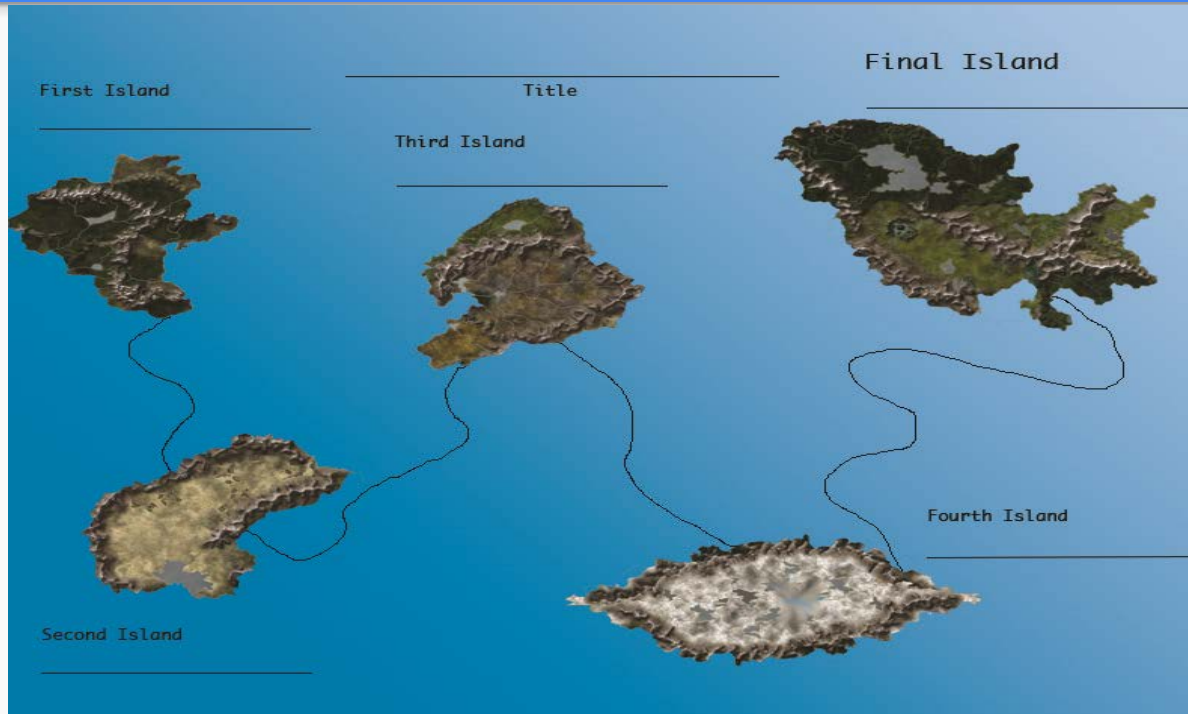
Island Journeys worksheets: writing short realistic stories for past, present and future self

5 short stories added together to form 1 narrative, connected through original action

Professional career guests - lecture and mentorship

Booklet and laminated map

# “W” Plot and Action as Island Journeys





# Future Me 2.0

## Phase 1: The Search for Creativity

What is creativity? How to see it in others

## Phase 2: Future Me

Holistic future self planning from introspection, visibility on career and educational paths, symbolic reminder

## Phase 3: Island Journeys

Structure and terms of narrative, use of Future Me character in real world stories, demanding creative exercise, physical manifestation of creativity

All phases: Journaling, literature, career guidance and mentorship