

# My Future Hopes and Dreams

## Step 5 - My Future Hopes and Dreams

Everyone has hopes and dreams. The NDIS refers to hopes and dreams as 'aspirations'. Aspirations are things you would like to happen in future. Some might be big and long-term and may seem impossible, while others might be smaller and possible sooner. As part of any recovery journey, goals are important. These might be in several different areas of your life.

In your reimagine.today workbook (or app) you can explore your hopes and dreams. Here are some areas of life that you might have hopes and dreams for:

- **Choice and control**- Making decisions about what is important to you, how you live and who supports you.
- **Daily activities**- These are day-to-day things like cooking, shopping, cleaning and going places.
- **Relationships**- The people in your life and how to support your relationships with them.
- **Home**- The place you live in and if it suits you.
- **Health and wellbeing**- Your physical and overall health, such as exercise and nutrition.
- **Lifelong learning**- Things you want to learn. This can happen in many ways, not just in a classroom.
- **Work**- This could include volunteering or paid employment.
- **Social and community participation**- Taking part in things you enjoy, and sharing these things with others, so you feel you belong.

Explore the hopes and dreams of your reimagine.today peers here:



### □ LEARNING ACTIVITY

Explore hopes and dreams in this activity.

[Exploring our hopes and dreams](#)

Now it's your turn. In your workbook complete the section 'My hopes and dreams'. Start by imagining if there were no barriers, what would your ideal life look like? What are your hopes and dreams? Be as creative as you wish. Then go to the section 'Exploring my hopes and dreams' and choose up to three hopes / dreams to explore in more detail.

Exploring your goals is not only important for the NDIS but for life, and for maintaining hope. In your workbook you can list your aspirations. Just remember that talking about these may make you feel vulnerable, so make sure you feel comfortable when sharing these with other people.