



Think for the Future

WOW Pack

Dreams and Aspirations

This pack has been put together in response to the current situation to support students and staff during school closures. We will be producing packs multiple times per week on a variety of topics. These will also be released on our social media, see our accounts below!



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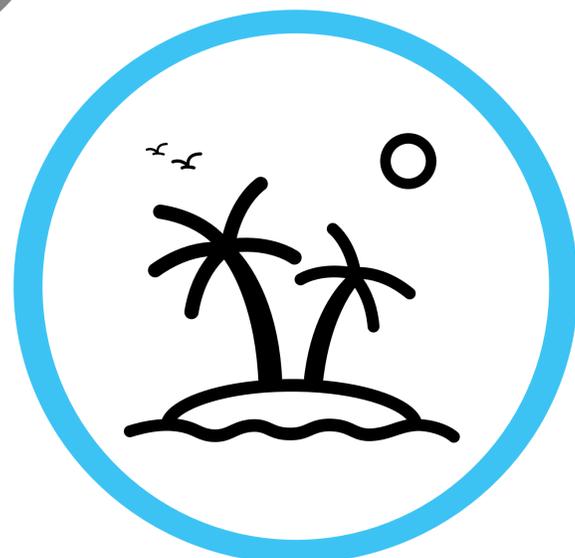


@TFTFuture

Think about it: Dreams and Aspirations



When you think about your future,
what do you see?



Is it what you think will happen,
or what you want to happen?

Dreams and Aspirations



Ever had a dream where it's so real that when you wake up from it, you feel annoyed or have to pinch yourself? Do you watch programmes like Britain's Got Talent or The Greatest Dancer these and think that could be me? Do you watch the Prime minister make a speech and think that could be me? Ever look at people like Mo Salah and think that could be me?

How often do you think 'oh know that will never happen!... Why?! Who's stopping you?

The answer to that question only you can answer, because you're the only one that can make your dream a reality. You have to put in the work to get to where you want to be. Nobody gets where they want to be without having a dream and doing all they can to get there.

Not everyone who dreams of being a singer makes it, or everyone who wants to win gold at the Olympics, however they accomplish so much on their journey because they dared to dream!



What are Dreams and Aspirations?

An aspiration is a hope or an ambition to achieve something.

We aspire to be or to become something that is seen as better than what or where we currently are. People can have social aspirations, career aspirations, and personal aspirations.

One way to think about the meaning of aspiration is considered the idea of reaching for the stars. We may never quite make it, but the act of looking and moving upwards is what makes our day to day life meaningful and helps us achieve.

Are aspirations always positive?

If we don't achieve our dreams or aspirations, it can cause a lot of heartache because we feel we have failed. This may happen when we set unrealistic goals.

Some aspirations may also cause people to neglect important people or responsibilities.

Sometimes, people set their aspirations to follow social or cultural pressure, even the media has a huge impact on your goal setting. People often think that their biggest dream is to make lots of money, and that becomes their goal rather than what they would need to achieve to make them the money.

Achieving these aspirations is unlikely to make the person truly fulfilled.

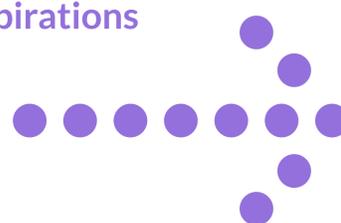
What are the differences between aspirations, goals and ambition?

- Aspiration is generally long-term. Goals can be almost anything. We could make a goal to spend five minutes tidying our rooms, or an hour working out. These are not aspirations. They may, however, be stepping stones on the way to an aspiration. So while some goals can also be aspirations, most goals are tools that we use to further our aspirations.
- Aspirations are directional; ambition, however, can be unfocused. An ambitious person may be eager to take on difficult tasks or roles for the challenge alone. Some people just like to do difficult things. Just as a goal can be an aspiration, or a mere tool for the journey so that an ambition can be an aspiration or just a short-term challenge.
- An aspiration can exist without action, while ambition always provides movement. A weak aspiration can be more like a fantasy. People may say that they aspire to a goal without taking steps to reach it. Ambition, on the other hand, is always connected with action. Strong, successful aspirations require some ambition.

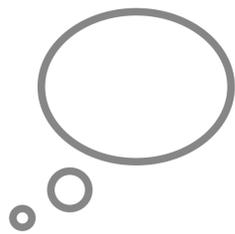
Take a look at this video on linking our goals with our aspirations

Watch this

<https://www.youtube.com/watch?v=DNITe9snHqA>



Dreams and Aspirations Top Tips



Dream it

Every big achievement began in one person's heart and mind and they dared to dream that it was possible.

Give yourself time to think BIG and ask yourself 'what if?'. Now's your time to be a dreamer and dream of all the possibilities out there for you and your family.

Believe it

Your dream needs to be BIG, it needs to be something that would take work, but it must also be believable!

You need to be able to see all the steps needed for it to be achieved.

Is a 50 year old man dreaming of being signed to Manchester United believable? No! Is a 22 year old wanting to run a marathon in less than 3 hours? Yes! It's believable and possible.



See it

Every CEO of a multi-million pound company visualised themselves sitting in the CEO's office. All olympic gold medalist visualised themselves winning the race and standing on the top of the podium.

Visualising yourself achieving the dream trains the mind to help you get there and makes you want it more.

Tell it

One reason why dreams don't go anywhere is because the dreamer only ever lets it play out in their mind. We all need people to encourage us when our motivation is low so tell the world about your dream and let people support you and help you get there.

It also holds us accountable, meaning if we give up we'd have to tell them! None of us want to look like we can't make it so telling other people helps spur us on.



Plan it

You only get what you plan for!

Each part of the dream needs a strategy and clear goals. Break it down into workable targets and give yourself a time frame to achieve each one.

Don't forget about the details.

Work for it

There might be times when it all just seems like too much effort. But if it was easy to achieve, it wouldn't be something you aspire to!

Those who make the big-time are working to achieve their dreams whilst everyone else is watching Netflix and taking a nap! Put some work in each day and each day you will be a little bit closer to your dream.



5 Kinds of Dreams and Aspirations



1

A Thing to Do

This could be the most basic dream and simply an event or experience you want to do. It could be going sky diving, or watching all the Harry Potter films back to back!

It could take more planning and work though, you could want to provide shelter and accommodation to all the homeless people in your city.

A Place to Go

Perhaps there's a place you've always dreamed of going on holiday to, you've seen the idyllic Island pictures and it's your aim to one day go.

Astronauts have always dreamed of going to Space, and this takes a bit more to achieve! The steps to get there have to start from a much younger age, and there is a lot to tick off before they get to go where they've dreamt of going.

2

3

A Skill to Learn

Most teenagers dream of learning to drive, and they visualise themselves driving their dream car in the future.

Someone who is learning how to play the violin might aspire to playing JS Bach's Chaconne from Partita, which is well known as one of the hardest ever violin solo's! This would take far more dedication, for a much longer period of time, than learning to drive.

An Objective to Achieve

This might come in many forms. It might be financial, professional or athletic.

An objective tends to have a clear measure of success, it might be running a marathon in under 3 hours or buying a house by the age of 25. Something which you can aim for and tick off.

4

5

A Possession to Obtain

How many of us dream of having a house with a pool, or owning a certain car? A coin collector might dream of having all the limited addition 50p's, or you might dream of owning the latest iPhone!

Some are bigger dreams than others, and aspiring to own possessions may not make us feel truly fulfilled.

Join the Conversation: Dreams and Aspirations



Check out TFTF mentors Luke, Zondi and Chris talk about creating aspirations in our podcast!

https://www.youtube.com/watch?v=f2Y_n2wKixA

A promotional graphic for the TFTF Video Podcast Series. The top section is purple with white text: 'TFTF Video Podcast Series' and 'Topic: Creating Aspirations'. To the right is the TFTF logo. Below this, it says 'Recorded by our expert Behaviour & Resilience Mentors'. There are three photos of men in purple shirts: two in the top row and one in the bottom row. The text '... and your host:' is placed between the top two photos and the bottom one. To the right of the photos is the heading 'Topics Covered' followed by a list of three questions: 1) What are aspirations?, 2) Why is it important to think about our aspirations?, and 3) Why are aspirations important for self-development? The entire graphic has a light blue and green geometric background.

Join in the chat and let us know what you thought on our social media

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Where else to look...



Click on the icons below!

YOUNG MiMINDS

