

How to Start Talking about Future Planning



Everybody should make a plan for the future. Planning helps you do the things you want to do.

The first step is to talk about the future.

Sometimes, people are scared to talk about the future. They don't know how to start talking with people.

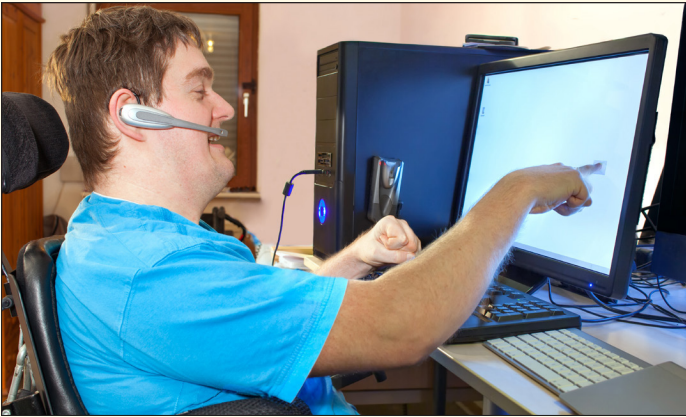
Here are some things you can do to start talking about a future plan.



1. Think about what you want your future to look like.
What do you want to do each day?
Where do you want to live?
What is most important to you?



2. Think about who you want help from to make a plan. These people may be friends, family, or other people you trust.



3. Think about how you want to talk with them about the future. You may want to talk with people one-on-one. You could also decide to talk with people in a group. You may decide to talk over the phone or computer.

4. Decide when and where you want to talk with people. You may want to talk when there are no other events or activities. You may want to talk with people during a vacation or a holiday. You may want to talk in a quiet or private space.



5. Decide what you want to say to start talking about a plan. You can say many things. Here are some examples of what you can say:

“I have been thinking about the future. I want to make a plan.”

“Can you help me? I want to make a plan for what I want my life to look like.”

6. Keep talking about the plan! Sometimes, people are not ready to talk about the future. You may have to talk with people many times. Don't give up if people don't want to listen the first time. Keep asking until you make a plan.