



Self-Discover Activity Ideas for Teens

Create a Vision Board

A vision board is a visual representation of your goals. These typically poster-sized visuals, contain all kinds of images and text that represent something you're trying to accomplish. There are really no rules when it comes to vision boards, since it's about crafting something that will inspire you to realize your dreams and goals on a daily basis. Some vision boards hone in on a singular idea, while others look at the bigger picture of what you might want the future to look like.

Create a Life Timeline

Draw a long line across the whole paper. On the beginning of the line mark the day you were born and at the end mark today's day. In equal distances on the line mark every year from your birth until today.

Now start writing in all the important moments of your life. This may be anything from graduations, birthdays of important people, job change, important achievement, beginning and ending of a relationship, new friendships, travel, illness, a book. Really anything that is or was at the time important to you.

Choose different colors, write bigger or smaller words depending on importance. Think back on your life and try to remember as many memories as possible.

Now you can do the future timeline.

Turn the page and again draw a long line across the whole paper. Only this time, first mark is today's date, and there is no end mark. You don't have to make year marks, only make in random distances (in order you would like it to happen) important moments you would like to happen. All your dreams and wishes for the future.

BENEFITS OF CREATING A LIFE TIMELINE

This is a reflective activity that makes you look back on your life and all that happened to you. It should make you see how far you've come; how much you've gone through. It should help you put your whole life in perspective. And it can be a blueprint for the future you want.

Draw Yourself as a Tree

Draw a tree with a branched roots and a big treetop with lots of leaves (big enough to fit one or a few words). On every root write down your virtues, strengths, skills, and good habits. And on the leaves write everything you would like to improve, all the skills you want to learn and all the habits you want to adopt.

BENEFITS OF DRAWING YOURSELF AS A TREE

Because we so often think about our faults, this is an excellent activity that will get you to think positively about yourself and to remember all your good qualities. And all the skills you are yet to acquire.

Book Suggestion: What Color is Your Parachute for Teens: Discover Yourself, Design Your Future, and Plan for Your Dream Job

by Richard N. Bolles.

The best book to guide teens slowly through small exercises that help create a whole picture of a world of possible career options.

Excerpt from book: Discovery Exercise
How to Find What You Love to Do: Identify Your Skills

Scan your mind back over the last month. Did you complete any tasks successfully? What were they? Did you enjoy them?

You begin to identify your skills by looking at your life. Think about projects you have completed, recent problems that you solved, your hobbies, and the activities you do for fun. These can be experiences from your school, volunteer work, paid work, or free time. Select a project or activity you've enjoyed that had an outcome—writing a paper, helping to organize an event, or learning something new, such as a sport or hobby.

Rich Feller, professor of career development and author of the book *Knowledge Nomads and the Nervously Employed*, says that 70 percent of our skills come from challenges, 20 percent from watching others, and 10 percent from classes and reading. Pick a story to write from any of these three categories. If you're stumped about what might make a good skills story, look particularly at challenges you have overcome. Once you've thought of a story, write a short paragraph that describes how you completed your project or worked out a solution to the problem you had.

Now give your project, problem, or activity a title. Then answer these questions:

1. Goal or Problem: What was your goal—that is, what were you trying to accomplish, or what was the problem you were trying to solve?
2. Obstacles: What made achieving your goal (or solving the problem) difficult? How did you overcome these obstacles?
3. Time Frame: How long did it take you to achieve your goal or solve your problem? Using an overlong time frame can often hide skills.
4. Outcome: What happened? Did things go as you expected, or did something unexpected happen?