Ages: 12-14

Backward from the Dream



6 min

What to do:

1. "Picture your life ten years from now - exactly the way you want it. Now ask: what would have had to happen just before that?"
2. Work your way backwards step by step: and before that? and even earlier? - until you reach today.
3. The key question: "What is the very first small step at the very beginning of that path? And could you take it this week?"

Take it further:

"If you had two different dreams - do the paths towards them cross or go in opposite directions? Is there a shared first step?"

Adaptation

- **Hard** - unwind only 2-3 steps back.
- **Easy** - build the whole staircase from the dream all the way down to Monday.

When revisiting after 4 months:

"Last time we worked backwards from a dream ten years away. Today, pick a goal for this year - unwind it backwards to the very first step."

What we practised:

"The backward-planning method is the ultimate planning tool: imagine the end result and work your way back. It turns a distant dream into a concrete step you can take today."