

1. Past

What can you learn from the past?

Past strengths

Past connections

Past dreams

Other insights

2. Present

What can you learn from the present?

Present strength

Present connections

Present dreams

Other insights

4. Steps

What can you do to prepare for the futures you want?

Strengths to build

Connections to nurture

Dreams to prototype

Other steps

3. Futures

How could your life look like in the future?

Future 1

Future 2

Future 3

Future 4

Future Lives and Careers Canvas

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