# Looking Forward

Sometimes it is helpful to take time to look ahead in our lives. Having a picture of how we would like things to be can help us deal with the stress of everyday living, help us "hang on" in times of crisis or temptation, and help us structure our free time so that we move closer to our hopes and wishes.

1. What are some of your hopes for the future?

2. What are you doing now that's helping you to make these dreams come true?

3. What other things could you do (or do more of) to help your hopes come true?

From: Ingersoll, K.S., Wagner, C.C, and Gharib, S. (2002). Motivational Groups for Community Substance Abuse Programs. Richmond, VA. Mid-Atlantic Addiction Technology Transfer Center.