

## My project of life

### Key message

The elaboration of a project of life is an initial step that allows young people to reduce the feeling of confusion which could prevent them from establishing goals in the long-term. This is especially the case for those who have abandoned the group with which they used to share aims and objectives.

**Key words:** life project, goals stablishment, self-exploration

### Summary

Young people find themselves in a stage in which they have to take many decisions to orientate their life to one side or the other, and they need to consider in which direction they want to proceed and what they need to do from now to manage it. To think about a project of life means to create a guiding scheme in which you will describe your goals and the necessary steps to achieve it. In presence of young radicalised people, this dynamic is only recommended after their leave from the extremist group they use to be related with. (last phase of de-radicalisation).

| Module            | Group size   | Group age | Duration |
|-------------------|--------------|-----------|----------|
| • Prevention      | • individual | • 12 - 15 | • 30 min |
| • Exit strategies |              | • 16 - 19 | • 45 min |
|                   |              |           | • 1 hour |

### Purpose

- Introduce the concept of project of life and motivate young people to reflect about their values, interests and available resources.
- Develop the capacity to establish goals in the short, medium and long term inside the same action line.
- Identify the main resources needed in the near future to achieve the established goals.

### Description

**Step 1:** Motivate the group to know more about themselves and the others. In pairs, they will make an interview and answer the following questions:

1. *Which things do you like? How often do you do it?*
2. *Considering your personal characteristics, what are your strenghs? And your weaknesses?*
3. *Mention three achievements you have attained by now? (e.g. compete in the basketball semi final, discover a new hobby, make new friends, etc.). Which other three achievements would you like to attain in the future?*

**Step 2:** Ask each participant to make two columns on a chart where to collect things they would like and don't like about themselves, their social relations, their family and in the academic field in the future. Let them have a reflection on the influence of values related with these wishes and tell them to take off long-term objectives from the chart.

**Step 3:** Ask them to imagine how their life would be in 10-15 years and to draw a timeline on a paper sheet where to place at the end of it the long term objectives previously identified in step 1 (3. »*which three achievements would you like to attain in the future*) and step 2.

**Step 4:** Ask them which medium term objectives would be required for this (e.g. if I want to be a teacher, I will need to pursue further studies in the medium term) and to put it on the timeline. Afterwards, do the same with short-term objectives (e.g. being graduated from high school or finish a module)

**Step 5:** Focusing now on short-term objectives, ask participants to indicate how they will get it (strategies and resources) and which are the difficulties they can face. Again, let them think about the influence of values related with the choosen strategies of attainment.

**Step 6:** Make a pool (or in pairs) on the projects of life and think about the difficulties met during the dynamic exercise. Emphasise on the idea that a project of life is a long and dynamic process and motivate them to complete and develop it at home with more detailed information and with the help of other examples (*see sources*).

## Materials needed

Paper, pen

## Methodology

Autonomous work

## Advice for Trainer

- Although it is not a specific intervention in setting goals, the dynamiser person should be familiar with them. It is recommended to take some examples (see literature) to guide the activity.
- If you have the time and skills to go deeper in this field, it is recommended to divide the activity into three sessions in order to work the short, medium and long term goals separately, in particular step 5 (strategies and resources to achieve the goals in the short term).
- It is recomended monitoring the projects proposed by the students and to proceed with its elaboration on later sessions by working on the setting of individual targets.
- Derivate to or inform on counsellors specialised in the fields of major interest or difficulties.

## Source / Literature

For further information about the project of life (in spanish):

<https://prezi.com/uyktzscsdgch/proyecto-de-vida-para-alumnos-de-secundaria/>

Some examples of project of life and monographs (in spanish):

<http://es.slideshare.net/jcgu/proyecto-de-vida-para-adolescentes>



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