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## Appreciative Inquiry/ River of My Life

### Description

#### Category

1. 1/2 day
2. Design the futures

#### Tags

1. Activity

#### Meta Fields

#### Debriefing :

1. Was it difficult to decide on what positive points at the beginning?
2. What points would they like to see in the future scenarios and why? How could those points be developed in future scenarios? Do they see themselves in active roles for this development? (e.g. professional decisions, social engagement, etc)
3. What similarities/ differences did they observe when sharing in pairs?

**Outcomes :** The participants become aware of the elements they appreciate from their past. Use these as a foundation to build their personal/group future scenarios

#### Materials :

- 1 - A3 paper per person
- pen
- post-it notes and sticky arrows will be an asset

**Time :** 20 min

#### Methodology :

1. Offer each participant a bunch of post-its in 3 different colors
2. Ask the participants to reflect on the elements they appreciate most in their past in 3 categories: social life, educational path and living situation. Instruct them to note down one element per post-it
3. After 10 min, each participant can take the A3 paper and draw a river (for example) to indicate a timeline. They can stick the post-its on this in chronological order
4. When ready, divide the group into pairs and ask the participants to share their "River"™ with a peer (15 min)

**Description :** Creating positive futures scenarios might initially be hard for young people. To make it less abstract, we can jump start this process by observing our "positive past". Focusing on positive "cornerstones" in the past and appreciating them can help us name them and make sure they play a role in the future scenario.