

# Glow Journals



The Aspirations Journal

# About This Journal

Dear "Journal-er",

Our names are Ava, Amreen, and Rayva- three first generation American high schoolers. We set out to create GLOW journals to help foster a processing space for our peers who've had to leave their homes. In this journal, you'll find lots of questions we created to help think through your dreams and goals. We know that as students, what we want to study, and what we want to do in life guides a lot of our actions, but a major life change can disrupt that. We truly hope you find this journal helpful. The questions will be grouped by category, and include everything from your taste in music to your best childhood memories. This book is all yours. It is a space just for you.

We encourage you write, reflect, and embrace every question- we know we have!

-Sincerely,



Ava Datta

GLOW Refugee Coordinator



Amreen Kaur

GLOW Refugee Intern



Rayva Govind

GLOW Refugee Intern

# Hobbies and Interests



Interests and hobbies are what makes us, us! Without them everyone would be like everyone else. Interests and hobbies are also the building blocks of our biggest dreams. What are some of your interests?



How do you feel when doing something you love?



What is your favorite thing to do on a day to day basis?





Who are some other people that share these same interests and hobbies as you?



How can these interests and hobbies relate to your bigger dreams? How can they play out in the real world?



How can you grow your interests? What are steps you can take?





What are some hobbies you had when you were younger? How have they changed vs. today?



Were there any role models that helped you grow your interests? Who and how?



# Dreams & Goals

Dreams and goals are a big part of our life, and are the main things that help us stay on track. These dreams could be small or big, whether that be the dream of being able to draw a specific thing or whether it is the dream of being a doctor someday. These dreams help us set goals ensuring that we accomplish these dreams. Is there a specific dream you would like to achieve?



What is your dream future career? Why is this career important to you?





*In the future, What positive impact do you hope to have on the world? What are some goals you can set to ensure that this happens? What are some ways to achieve these goals?*



*What are some ways that you can accomplish these dreams? How can you create an action plan to achieve these dreams?*



*Why are achieving these dreams important to you? How will you feel when that happens?*



# Draw out your Dream

A large, empty rectangular box with a thin yellow border, occupying most of the page. It is intended for the user to draw out their dream.



# Dreams Changing



Overtime dreams and aspirations can evolve, and this could be because of many reasons. Your dreams may even be completely different from when you were younger. Consider a dream from when you were younger, how has that dream changed compared to your dream now?



What are some goals you would like to achieve in the future? How can you make sure you achieve these goals? How do you picture yourself achieving these goals?



How have your dreams stayed the same? What specific parts have stayed the same?



When your dreams change some part of you changes along with them. How have your dreams changed, and most importantly how have you changed?



What was your dream when you were younger? What is it now?

Draw a picture of your dream when you were younger  
and one picture now, how have those two pictures

Younger

evolved?

Now





What might be some new challenges?



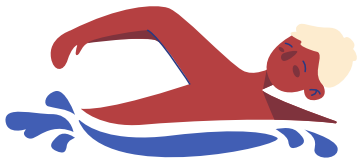
What would be some ways others could help you overcome these barriers?



Are there ways you can overcome these challenges on your own?



In what ways can you make your dreams easier to accomplish? What is one resource at your school that could help you? This could be a club, teacher, classmate, or anything else!



What small goals can lead up to your bigger dreams?

# How do your dreams affect others?



With your dreams, there comes the question of, how can this dream affect others and you? For some, your dreams may be life changing and can make an impact on the world. How can your dreams make an impact?



How can your dream make an impact on the world?



How might your dreams benefit your loved ones?




How can your dream make an impact on your life today?

How can you ensure that your dreams make an impact? Make a list on the impacts this dream can have. Make a list of the needs of others, and see where your dream falls in.



Can your dreams be helpful, and how?

Write a short story on you and your dream making an impact.

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