

Imagining the Future: A Training Manual

Session 1

[Instructions to FOs: *The purpose of this intervention is to get people to connect their present behaviour with how this behaviour affects their own future. We want people to imagine what their future will be like, and how they will feel. Beyond the information module, we do not want to influence their beliefs about how present behaviour affects the future. For instance, if they are convinced that walking 30min everyday will be enough to lose a lot of weight, then we do not change this belief. We only want to make the future more visible. We also do not want to tell them how to get to a particular future outcome - it is not a planning tool. All we want to do is make people realize that their present behaviour has consequences on the future, and to imagine what this future will be like.]*

Maelekezo kwa FOs: *Lengo kuu la hii “intervention” ni kuwafanya watu kulinganisha tabia zao za sasa na vile hizi tabia zinaathiri siku zao za usoni. Tunawataka watu kufikiria kuhusu jinsi siku zao za usoni itakavyokuwa, na vile watahisi. Zaidi ya ya ujumbe wa module, hatutaki kushawishi imani yao kuhusu tabia zao za sasa na vile tabia zitaadhiri siku zao za usoni. Kwa mfano, ikiwa wameshawishika kuwa kutembea kwa dakika 30 kila siku inatosha kupunguza uzito wa mwili, basi hatutaki kubadili imani hii. Tunataka tu kuifanya siku za usoni kuonekana zaidi. Pia hatutaki kuwaambia jinsi ya kupata matokeo fulani ya siku za usoni- si chombo cha kupanga. Yote tunayotaka kufanya ni watu kugundua kuwa tabia zao za sasa zina matokeo ya siku za usoni , na pia kufikiria vile siku za usoni itakuwa.*

1 Thinking about the Future

1.1 What we do in the present shapes our future

Many things that we do in our daily life have an effect on our future.

Whether we save money now determines whether we can expand our business in a few weeks or months. Or buy an iron roof for our house.

Whether our children go to secondary school or not determines whether they can find a good job later in life.

Mambo mengi tunayo yafanya kwa siku zetu za kila siku yana tengeneza siku za usoni.

Kama tunaweka akiba kwa sasa inaamua ikiwa tutapanua biashara kwa wiki chache au miezi. Au tutanunua mabati ya nyumba yetu

Ikiwa watoto wetu wataenda shule za upili au la, inaamua ikiwa wanaweza kupata kazi bora baadaye kwa maisha.

1.2 We affect the future with more actions than we think

We do some things specifically because we think of the future. We think of our future when we save, or when we build a house. Or when we send our children to school. But there are many small everyday behaviours where we don't think of the future, yet they still affect the future.

For example,

- Every time we wash our hands after going to the toilet, we decrease the risk of getting ill in the future.

Every time we put chlorine in our drinking water, we decrease the risk that our children will get diarrhea.

Every time we spend money on things that we don't really need, instead of putting it aside for emergencies, we reduce our ability to deal with difficult situations in the future.

Tunafanya mambo mengine tu haswa kwa sababu tunafikiria kuhusu siku zetu za usoni. Tunafikiria kuhusu siku zetu za usoni yetu tunapo weka akiba, au tunapo jenga nyumba. Au tunapo watuma watoto wetu shule. Lakini kuna mambo mengine madogo ya kila siku na tabia ambapo huwa hatufikiri kuhusu siku zetu za usoni, lakini bado yanaadhiri siku zetu za usoni.

Kwa mfano,

Kila wakati tunapoosha mikono yetu baada ya kwenda chooni, tunapunguza hatari ya kugonjeka siku za usoni.

Kila wakati tunapoweka klorini kwa maji yetu ya kunywa, tunapunguza hatari ya watoto wetu kuendesha/ kuhara.

Kila wakati tunapotumia pesa kwa vitu ambazo hatuhitaji, badala ya kuiweka kando kwa mambo ya dharura, tunapunguza uwezo wetu wa kushughulikia maswala magumu siku za usoni.

Short Exercise (max 2 minutes): What are other examples you can think of, where our current behaviour has an effect on the future?

[FOs: Avoid "obvious" examples like saving. Encourage examples where people don't usually think of the future. Like, when they smoke a cigarette (bad health). Or when they spend their leftover budget on snacks instead of putting it aside. Do not let people drift into long stories about mistakes they made in the past. Focus on current everyday behaviour.]

Zoezi Fupi (kwa dakika mbili): Je, ni mifano ipi mingine unaweza fikiria, ambayo tabia zetu za sasa hivi zina madhara kwa siku zetu za baadaye?

[FOs: Epuka mifano ya kawaida kama vile kuweka akiba. Himiza mifano ambayo watu mara mingi huwa hawafikiri kuhusu siku za usoni. Kama vile, wanapovuta sigara (afya mbovu) . Au wanapotumia mabaki ya bajeti zao kwa snacks (chips, mandazi) badala ya kuiweka kando. Usiwaache watu kuenda kwa hadithi mrefu kuhusu makosa waliyofanya hapo awali. Zingatia tabia za saa hii na kila siku.]

1.3 Effects can be both positive or negative

When we imagine the future, we often worry about avoiding negative outcomes. We think, if we don't save for emergencies, bad things will happen to us. We think, if we use dirty water, our children will get sick. But we should also imagine the positive future we will have by *avoiding* these behaviours. By saving for emergencies, we will have a good future, where we are prepared for unexpected expenses. By treating our water, we will have healthy children. By preparing healthy meals with lots of vegetables for our children, we help them grow into strong, healthy adults. It is important to realize that every little action we do can help us have a good future.

*Tunapofikiria kuhusu **siku za usoni** , mara nyingi huwa tuna wasi wasi kuhusu kujikinga na matokeo yasiyo mazuri. Tunafikiri kuwa, tusipo weka akiba kwa ajili ya maswala ya dharura, mambo mabaya yatatutendeka. Tunafikiri kuwa, tukitumia maji machafu, watoto wetu watagonjeka. Lakini pia tunafaa kufikiri kuhusu siku nzuri za usoni ambayo tutakuwa nayo kwa kuwachana na hizi tabia. Kwa kuweka akiba kwa ajili ya maswala ya dharura, tutakuwa na siku nzuri za usoni , ambapo tuko tayari kushughulikia gharama tusizozitarajia. Kwa kuyatibu maji, tutakuwa na watoto wenye afya bora. Kwa kutayarisha vyakula vya afya ikiwa na mboga mingi kwa watoto wetu, tunawasaidia kua wenye nguvu, na watu wazima wenye afya. Ni muhimu kujua kuwa kila kitendo kidogo kinaweza kutusaidia kuwa na siku nzuri za usoni .*

1.4 The future may seem vague and distant, and we may not connect it to our actions today

It can be very difficult to imagine what our future will be like. The future may feel far away, and there is a lot of uncertainty. It is not easy to create an image in our mind of ourselves and our family in the future. Therefore, we often disconnect our actions right now from what our future will be like. But even though it is hard to imagine in our mind, the future will come for sure! And the future will be influenced by what we do now. So it is a good idea to create an image in our mind of our future, and think of this image as we go through our daily life.

Inaweza kuwa ngumu sana kufikiria jinsi siku zetu za baadaye itakavyokuwa. Siku zetu za usoni inaweza onekana kua mbali sana, na kukosa uhakika. Si rahisi kuunda picha kwa akili zetu na familia yetu siku za usoni. Kwa hivyo, huwa mara nyingi matendo yetu sasa haiambatani na vile itakavyokuwa siku za usoni. Hata kama ni vigumu kufikiria kwa akili yao, siku ya usoni lazima itakuja kwa uhakika! Na siku za usoni itaadhiriwa na yale tunanyofanya sasa hivi. Kwa hivyo ni jambo njema kuiunda picha kwa akili zetu kuhusu siku zetu za usoni, na kufikiria kuhusu picha ya yale tunayopitia kwa maisha ya kila siku.

Silent Exercise (1 min, no talking required): Close your eyes for one minute. Imagine the person you will be in one year. Imagine your family in one year. Use details: How old are your children now? Do they go to school? Are they healthy? What do you look like? Where are you? What do you do for work? Try to be realistic: Think about the future that will most likely happen.

Zoezi Tulivu (dakika moja, kuongea haihitajiki): Funga macho kwa dakika moja. Fikiria ule mtu ambaye utakuwa baada ya mwaka mmoja. Fikiria familia yako baada ya mwaka moja. Eleza kwa kina: Je, watoto wako wana miaka ngapi kwa sasa? Je, wana afya bora? Je uko vipi? Wewe uko wapi? Unafanya kazi gani? Jaribu kuwa mkweli. Fikiria kuhusu siku zako za usoni ambayo ina uwezekano wa kutendeka.

[FOs: After 1min, check with participants whether they have an image in their mind. No need to describe it yet. If they say yes, continue with the next part of the exercise.]

(PARTICIPANTS SHOULD KEEP EYES CLOSED, AND BE SILENT, AS YOU GO FROM ONE EXERCISE TO THE NEXT.)

Silent Exercise (2mins, no talking required): Now think of your behaviours in the present, with the examples discussed earlier. What effect do these behaviours have on your future self? Put differently: If you behave as you behave in the present, which kind of future will you get? Use graphic details: What do you look like? Where are you?

Zoezi Tulivu (dakika mbili, kuongea hakuhitajiki): Sasa fikiria kuhusu tabia zako kwa sasa hivi, ukitumia mifano tuliyojadili hapo awali. Je, tabia hizi zina madhara gani kwa siku zako za usoni? Ukiweka tofauti: Ikiwa mienendo yako ni kama ilivyo sasa hivi, siku zako za usoni itakuaje? Tumia maelezo ya kina: Unafanana aje? Uko wapi?

Talking Exercise: Please tell me about what you saw. Please use graphic details. Be sure to focus on the connection between your present behaviour and your future.

[FOs: If participants paint pictures of a perfect, rich and healthy future, ask them: “How is this connected to your behaviour in the present? If you behave as you behave now, is this the future you will get?”]

Zoezi la kuongea: Tafadhali niambie ulichokiona. Tafadhali eleza kwa kina. Kuwa na uhakika kuzingatia uhusiano kati ya tabia zako za sasa na za siku za usoni.

[FOs: Ikiwa washiriki watachora picha sambamba, tajiri na yenye afya, waulize: “Je, hii inalinganishwa aje na tabia yako ya sasa? Ikiwa una tabia kama za sasa, hii ndio siku zako za usoni utakayopata?”]

1.5 Today, we will put ourselves in the shoes of our “future selves”

Today, we will create an image of the person we will be in the future. And we will put ourselves in the shoes of this person. Rather than just looking at them from the outside like a picture, we will imagine what it is like to *be* this person in the future.

Leo, tutaunda picha za ule mtu tungependa kuwa siku zetu za usoni na tutajiweka kuwa kama huyu mtu. Badala ya kuangalia mtu huyu kama picha tu, Tutafikiria ni vipi tunaweza kuwa kama mtu huyu siku za usoni.

Silent Exercise (1min, no talking required): Close your eyes again. Imagine that your future self can now talk to you. How does she feel? Is she happy?

Zoezi Tulivu (dakika moja, kuongea hakuhitajiki): Funga macho yako tena. Fikiria kuhusu wewe katika siku zako za usoni anaweza kukuongelesha sasa hivi. Je, anahisi vipi. Je, ana furaha?

(PARTICIPANTS SHOULD KEEP EYES CLOSED, AND BE SILENT, AS YOU GO FROM ONE EXERCISE TO THE NEXT.)

Silent Exercise (2min, no talking required): What does your future self think about your behaviour in the present? [PAUSE] What does *she* want you to do? Are there things she would want you to do more of? Or less of? Or differently?

Zoezi Tulivu (dakika mbili, kuongea hakuhitajiki): Je, wewe katika siku zako za usoni inafikiri nini kuhusu tabia zako za sasa? [PAUSE] Je, anataka ufanye nini? Je kuna vitu ambavyo angependa wewe ufanye zaidi? Au kidogo? Au tofauti?

Talking Exercise: Now please tell me: What does your future self think about your behaviour in the present? What does *she* want you to do, right now?

Zoezi la kuongea: Sasa tafadhali niambie, Je, wewe katika siku zako za usoni inafikiri nini kuhusu tabia zako za sasa? Je, anataka ufanye nini, sasa hivi?

(FOs: Once again, encourage participants to focus on the connection between behaviours in the present, and outcomes in the future. Behaviours in the present refers to things they can do right now. For instance, “My future self wants me to start saving once I find a better job” does not refer to something they can do right now. However, they could say, “My future self wants me to apply for better jobs, and not give up easily” This is something they can do right now.)

We will now think more about the connection between our actions today and our life in the future by listening to the story of Mama Maria.

Sasa tutafikiria zaidi kuhusu ulinganisho ulipo kati ya matendo ya sasa na maisha yako ya BAADAYE kwa kusikiza hadithi ya Mama Maria.

2 Mama Maria and her Family

Mama Maria is a woman of 25 years, who lives in Malewa. She has a husband and two cute little children: Her son Peter is 3 years old, and has beautiful curly hair and a dimple on his chin. Her daughter Maria is 5 years old. She is a very friendly girl, and so smart that Mama Maria is sure that she will one day have a great future

Mama Maria’s husband Baba Maria works as a flower picker on a farm. Mama Maria earns some money by helping out on local farms. They live a quiet life in their village. Mama Maria likes seeing her friends in the village and visiting her elderly neighbours. She loves embroidery and spending time with her children. Mama Maria also enjoys looking at and observing the birds in the village. She even enjoys the feeling of completing all her household jobs They do not have a lot of money, but they are grateful for what they have, for their family, and their children.

Everyday life can be hard for Mama Maria. She needs to take care of a lot of things every day, just to make sure her family survives from one day to the next. This is why she always focuses on what is necessary right now, and does not think too much about the future.

Every day, she walks to the water point to collect water for her family. They do not have a donkey, and the water point is 1 hour away. She has to go twice a day, so it takes away 4 hours of her time. She goes at 5am every morning before she takes Maria to school, and then again in the afternoon. She would like to have a rainwater tank at the house, but they do not have enough money. After collecting water and taking her child to school, she goes to help on a neighbouring farm to earn some money.

After 5 hours on the farm, she collects Maria from the school, and prepares lunch for her. In the afternoon, she walks again to the water point. Then she buys food to prepare dinner for her family, and works in their own garden. Frequently, Mama Maria's children get ill, especially with diarrhea, and she has to care for them. When her children are ill, Mama Maria cannot work on the farm, and she loses some of her income.

The drinking water in the region where Mama Maria lives is often contaminated with bacteria. This leads to disease and illness in the people who drink it, especially children. However, Mama Maria knows that it is easy to make water safe to drink by adding chlorine, either from a bottle of WaterGuard or from the dispenser at the water source. She knows that by putting one capful of WaterGuard or one turn of the tap at the dispenser into each jerry can of water that she fetches and waiting for 30 minutes she can make the water safe to drink for her children. She doesn't have to pay for chlorine from the dispenser, and she also knows that a bottle of WaterGuard is very cheap and very safe, and so it is a good idea to use it.

The total income that Mama Maria and her husband Baba Maria earn this way is just enough to cover their daily needs. And the time that Mama Maria has is just enough to do all the chores that she needs to do. As a result, Mama Maria only worries about what they need to get by from day to day. She does not worry so much about what comes tomorrow. For example, it takes a lot of time to collect water everyday, and she also needs to pay for it. Once she has the water, she does not want to spend the time to go to stop at the dispenser to add chlorine or go to a shop and buy WaterGuard to chlorinate the water, and she also does not want to cover the expense for it. She uses the water as it is. She also does not save money: If she can cover all of her family's daily expenses, she is happy. If there are 20 shillings left over, she buys some Mandazi for her family. She worries about tomorrow's problems tomorrow.

Mama Maria ni mwanamke wa miaka 25, anayeishi Malewa. Ana mume na watoto wawili warembo. Mvulana wake Peter ana miaka 3, na ana nywele rembo iliyojikunjakunja na "dimples" kwenye shavu. Msichana wake Maria ana miaka 5. Ni msichana mwenye urafiki sana, na nadhifu sana hadi Mama Maria ana uhakika kuwa siku zake za usoni zitakuwa bora sana.

Mume wa Mama Maria, Baba Maria anafanya kazi kama muokotaji wa maua kwa shamba. Mama Maria hupata pesa kwa kusaidiana kwa mashamba mtaani. Wanaishi maisha nyamavu kijijini. Mama Maria hupenda kuwatembelea marafiki wake kijijini na pia kuwatemelea majirani wazee. Anapenda kushona na kutumia muda wake na watoto. Mama Maria pia hufurahia kutazama ndege kijijini. Pia yeye hupenda hisia ya kukamilisha kazi zake za nyumba. Hawana pesa nyingi sana, lakini wanashukuru kwa kile walichonacho, kwa familia yao na watoto wao.

Maisha ya kila siku inaweza kuwa ngumu kwa Mama Maria. Anahitaji kufanya vitu vingi kila siku, ili kuhakikisha kuwa familia yake inaishi siku moja hadi nyingine. Ndiyo maana yeye daima anazingatia kile kinacho hitajika sasa, na hafikiri sana kuhusu siku za usoni.

Kila siku, yeye hutembea kwenye kituo cha maji ili kuchota maji kwa ajili ya familia yake. Hawana punda, na kituo cha maji kiko umbali wa saa 1. Anapaswa kwenda mara mbili kwa siku, hivyo inachukua masaa 4 ya wakati wake. Anakwenda saa kumi na moja kila asubuhi kabla ya kumpeleka

shuleni, kisha tena alasiri. Angependa kuwa na tank ya maji ya mvua nyumbani, lakini hawana pesa za kutosha. Baada ya kuchota maji na kumchukua mtoto wake shuleni, anaenda kusaidia kwenye shamba la jirani ili kupata pesa. Baada ya masaa 5 kwenye shamba, yeye humchukua Maria kutoka shule, na huandaa chakula cha mchana kwa ajili yake. Mchana, yeye anatembea tena kwenye kituo cha maji. Kisha anunua chakula ili kuandaa chakula cha jioni kwa familia yake, na anafanya kazi katika shamba yao.

Mara kwa mara, watoto wa Mama Maria hugonjeka, hasa kwa kuhara, na anahitaji kuwasaidia. Wakati watoto wake wanapokuwa wagonjwa, Mama Maria hawezi kufanya kazi kwenye shamba hilo, na hupoteza baadhi ya mapato yake.

Maji ya kunywa kwenye sehemu ambayo Mama Maria huishi mara nyingi huwa yamechafuliwa na bacteria. Hii huleta magonjwa kwa watu ambao huyanywa haswa watoto. Hata hivyo Mama Maria anajua kuwa ni rahisi kuyafanya maji kuwa safi kunywa kwa kuweka klorini, aidha kutoka kwa chupa ya waterguard au kutoka kwa dispenser kwenye kituo cha maji. Anajua kuwa kwa kuweka kifuniko kimoja cha waterguard au tone moja kutoka kwa dispenser kwenye kituo cha maji kwa mtungi wa maji anayochota na kungoja kwa dakika 30 inaweza fanya maji kuwa salama kwa watoto kunywa. Hafai kuilipia klorini kwenye dispenser, na pia anajua kuwa chupa ya waterguard ni bei rahisi na salama sana, na kwa hivyo ni jambo njema kutumia.

Mapato yote ambayo Mama Maria na mumewe Baba Maria wanapata kwa njia hii ni ya kutosha kutosheleza mahitaji yao ya kila siku. Na wakati ambao Mama Maria anao unatosha tu kufanya kazi zote anazohitaji kufanya. Kwa hivyo, Mama Maria ana wasiwasi tu juu ya kile wanachohitaji kupata siku baada ya siku. Hajali sana kuhusu kile kitakacho tokea kesho. Kwa mfano, inachukua muda mwingi kuchota maji kila siku, na pia anahitaji kuyalipia. Baada ya kuwa na maji, hataki kutumia muda kwenda kusimama kwenye dispenser kuongeza klorini au kwenda dukani na kununua WaterGuard ili kutibu maji, na pia hataki kugharamikia. Anatumia maji kama yalivyo. Pia hawezi akiba ya pesa: Ikiwa anaweza kutekeleza gharama zote za familia yake kila siku, anafurahi. Ikiwa kuna shilingi 20 zilizobaki, anunua Mandazi kiasi kwa familia yake. Anajali tu kuhusu matatizo ya kesho, kesho.

Exercise: Where do you see a connection between Mama Maria's behaviour right now, and what her future will be like?

- [First wait for responses. If nothing, prompt:] the fact that she does not chlorinate the water?
- the fact that she does not save money, e.g. for a rainwater tank?
- The fact that she is taking her children to school every day

Zoezi: Unaona vipi uhusiano kati ya tabia ya Mama Maria hivi sasa, na vile maisha yake ya siku za usoni yatavyokuwa?

- [Kwanza subiri majibu. Ikiwa hakuna, chochea:] kwamba hatibu maji nai klorini?
- Kwamba yeye ha "save" pesa, kwa mfano. kwa tanki ya maji ya mvua?
- Kwamba anapeleka watoto wake shuleni kila siku

Imagine what Mama Maria's future will be like if she just uses the water as it is, and does not add chlorine.

- [First wait for responses. If nothing, prompt:] How often will her children be ill? What is her life like when her children are ill? How will she feel?
- How much work will she be able to do on the farm? How much will she earn?

Fikiria vile maisha yasiku za usoni ya Mama Maria yatakavyokuwa ikiwa anatumia maji kama yalivyo, na haongezi klorini

- [Kwanza subiri majibu. Ikiwa hakuna, chochea:] Watoto wake watakuwa wagonjwa mara ngapi?
- Je! Maisha yake yako vipi wakati watoto wake wanapo ugua? Je, yeye atahisi vipi? Ni kazi ngapi ambazo ataweza kufanya kwenye shamba? Je! Atalipwa kiasi gani?

[At end of question]: If the future Mama Maria could talk to the present Mama Maria, what would she tell her?

- Would she prefer that she spends the 20 shillings on Mandazi, or on WaterGuard?

[Mwishoni mwa swali]: Ikiwa Mama Maria wa siku za usoni angeweza kuzungumza na Mama Maria wa sasa, angeweza kumwambia nini?

- Je, angependelea kutumia shilingi 20 kwa Mandazi, au kwa WaterGuard?

One day, Mama Maria's son Peter fell very ill. He started having diarrhea and fever. Mama Maria was very worried about her son. The fever got worse, and eventually the family had to bring Peter to the hospital. Mama Maria felt helpless and was very upset. After more than a week, the medications that the doctors were giving Peter started to work, and Mama Maria was very relieved that a week later, Peter was feeling much better. After a few weeks, he was back to health.

However, Mama Maria was very shaken by Peter's illness. The hospital bills had also been very expensive, and meant that they needed to take a loan. Mama Maria started to think more about the future, especially about her children's health. She realized that even small everyday actions, such as chlorinating drinking water, washing foods, or washing hands after using the toilet would have an effect on her and her family's health in the future. She also realized that, by setting aside a small amount of the household budget, she would be better prepared for emergencies in the future. This way, if her children got ill again, she would be better able to deal with it. Overall, Mama Maria learned from this experience that it is important to think about the future in everything we do. Even if our daily life is full of tasks and worries, with little time to spare - thinking about the future in our everyday actions will help us to have a better life, and avoid worries and problems in the future.

Siku moja, mtoto wa Mama Maria Peter aliugua sana. Alianza kuharisha na homa. Mama Maria alikuwa na wasiwasi sana kuhusu mwanawe. Homa ikawa mbaya zaidi, na hatimaye familia ili lazimika kumpeleka Peter hospitali. Mama Maria alihisi kutokuwa na msaada na alikuwa na hasira sana. Baada ya zaidi ya wiki, dawa ambazo madaktari walimpa Peter zilianza kufanya kazi, na Mama Maria alipata afueni wiki moja BAADAYE, Peter alihisi bora zaidi. Baada ya wiki chache, alirudisha afya.

Hata hivyo, Mama Maria alitingishwa sana na ugonjwa wa Peter. Bili ya hospitali pia ilikuwa ghali sana, na ikabidi kwamba walihitaji kuchukua mkopo. Mama Maria alianza kutafakari zaidi kuhusu siku zijazo, hasa kuhusu afya ya watoto wake. Aligundua kuwa hata vitendo vidogo vya kila siku, kama vile

kutibu maji ya kunywa na klorini, kuosha vyakula, au kuosha mikono baada ya kutumia choo vinaweza kuwa na athari kwa afya yake na familia yake siku za usoni. Pia aligundua kuwa, kwa kuweka kando kiasi kidogo cha pesa kutoka kwa bajeti ya nyumba, angeweza kujiandaa vyema kwa dharura za siku za usoni.. Kwa njia hii, kama watoto wake wataugua tena, angeweza kukabiliana nayo bora. Kwa ujumla, Mama Maria alijifunza kutokana na uzoefu huu kwamba ni muhimu kutafakari juu ya siku zijazo katika kila kitu tunachofanya. Hata ingawa maisha yetu ya kila siku yamejaa kazi na wasiwasi, na iko tu wakati mdogo wa kutenga - kufikiria juu ya siku zijazo katika vitendo vyetu vya kila siku kutatusaidia kuwa na maisha bora, na kuepuka wasiwasi na matatizo katika siku zijazo.

- **Imagine what Mama Maria's future will be like if she buys waterguard to treat the water or adds chlorine from the dispenser**
 - *[First wait for responses. If nothing, prompt:]* How often will her children be ill? What is her life like when her children are ill? How will she feel?
 - How much work will she be able to do on the farm? How much will she earn?
- **Fikiria maisha ya usoni ya Mama Maria yatakavyo kuwa kama ananunua WaterGuard kutibu maji au kuongeza klorini kutoka kwa dispenser.**
 - *[Kwanza subiri majibu. Ikiwa hakuna, chochea:]* Watoto wake watakuwa wagonjwa mara ngapi?
 - *Je! Maisha yake yakoje wakati watoto wake wanaugua? Je, yeye atahisije?*
- Ni kazi ngapi ambazo ataweza kufanya kwenye shamba? Je! Atalipwa gani?

A little bit later, Mama Maria learns that she is pregnant with another child. She is very happy. She knows that the government says that she should attend four visits for antenatal care for pregnancy. But as we have seen above, Mama Maria is very busy in her everyday life! She is very focused on dealing with urgent everyday needs.

BAADAYE kidogo, Mama Maria anagundua kwamba ni mjamzito. Ana furaha sana. Anajua kwamba serikali inasema kwamba anapaswa kuhudhuria kliniki nne za huduma ya ujauzito. Lakini kama tulivyoona hapo juu, Mama Maria ako "busy" sana katika maisha yake ya kila siku! Analenga sana kushughulikia mahitaji ya kila siku ya haraka.

- **Imagine what Mama Maria's future will be like if she attends all four ANC's.(Antenatal care)**
 - What will her life be like? How will her baby feel? How will she feel?
 - **Fikiria jinsi maisha ya BAADAYE ya Mama Maria yatakavyokuwa kama atahudhuria ANC zote nne.**
- Je, maisha yake yatakuwajei? Mtoto wake atahisije? Je, yeye atahisije?
- **Imagine what Mama Maria's future will be like if she skips some of the ANC's.**
 - What will her life be like? How will her baby feel? How will she feel?
- **Fikiria jinsi maisha ya BAADAYE ya Mama Maria yatakavyokuwa kama hatahudhuria ANC zingine.**
 - *Je, maisha yake yatakuwajei? Mtoto wake atahisije? Je, yeye atahisije?*

[At end of question]: If the future Mama Maria could talk to the present Mama Maria, what would she tell her?

- Would she want her to spend the time? Or would she prefer that Mama Maria focusses on the everyday tasks?

[Mwishoni mwa swali]: Kama Mama Maria wa SIKU ZA USONI angeweza kuzungumza na Mama Maria wa sasa, angeweza kumwambia nini?

- Je! Angetenda atumie wakati? Au angetendelea kuwa Mama Maria azingatie kazi za kila siku?

3 Transfer to your life

3 Hamisha kwa maisha yako

Exercise: Where do you see a connection between your behaviour in the present, and your future? *[this is in part repetition from earlier, but more directed from the story]*

Zoezi: Unaona wapi uhusiano kati ya tabia yako ya sasa na maisha yako ya SIKU ZA BAADAYE? *[hii ni sehemu ya kurudia kutoka hapo mbeleni, lakini iliyoelekezwa zaidi kutoka kwa hadithi]*

– *[Collect responses. Spend some time discussing examples, where the respondent sees a connection between their everyday behaviour, and their future. Focus on things the respondents actually do (or don't do). Don't discuss completely unrealistic things ("If we had a lot more money, we could do this...")]*

Example 1: Together, let us pick an example behaviour.

[FOs: Choose a behaviour from the ones they have listed. Choose the behaviour that is most relevant to the participants. Ideally, it should be a behaviour where the future consequences are not already well-known and obvious to everybody, or at least where they don't usually think about them. Examples: Spend money on snacks instead putting aside for rainwater tank. Applying for jobs. Washing hands.]

[Instructions to FOs: We don't want people to just dream of an ideal state. Encourage them to be realistic. Maybe their future is completely fine if they don't follow the behaviour. The objective is not to change their beliefs. The objective is to just make them more aware of the future. Do not influence what they think will happen.]

1. What will your life be like if you do this? How will you feel? [Encourage respondents to list *lots* of details. We want to encourage vivid imagination]
2. What will your life be like if you *don't do* this? How will you feel?
3. If your future you could talk to your present you, what would they tell you?

Mfano 1: Kwa Pamoja, hebu tuchague mfano wa tabia.

1. Je! Maisha yako yatakuwaje ikiwa unafanya hivi? Utahii vipi? [Wahimize washiriki kuandika maelezo mengi. Tunataka kuhamasisha mawazo kiuwazi]
2. Je! Maisha yako yatakuwaje kama hufanyi hili? Utahisi vipi?
3. Kama maisha yako ya BAADAYE yangeweza kuzungumza na wewe sasa, yangekwambia nini?

Example 2: Do you chlorinate your water?

[Note: If respondent boils water, proceed with the chlorine questions anyway. If they conclude that their life would be worse with chlorine than with boiling, that is fine.]

1. What will your life be like if you regularly treat your water with chlorine? How will you feel?
[Again, be realistic, not idealistic. WaterGuard costs a little bit of money, they need time to buy it, and they need to remember to apply it.]
2. What will your life be like if you *don't* do this? How will you feel?
3. If your future you could talk to your present you, what would they tell you?

Mfano 2: Je! Unatibu maji yako na klorini?

1. Maisha yako yatakuwa aje iwapo utatumia klorini kwa maji yako mara kwa mara? Unahisi vipi?
[Kwa mara nyingine, kuwa mkweli, sio ubora. WaterGuard ina gharama kidogo ya fedha, wanahitaji muda wa kununua, na kukumbuka kuitumia.]
2. Maisha yako yatakuaje usipofanya hivi? Utahisi vipi?
3. Kama nafsi yako ya siku za usoni ingeweza kuzungumza na wewe kwa sasa, ingewaambia nini?

4 Activities

(FOs: Please hand out time preference drawing sheet. Explain the full exercise before participants start writing/drawing. Participants need to understand that there will be a drawing of the future when they write the plan for the present. They also need to understand they will come back next week to discuss their experience with what they planned. Make sure they only start writing/drawing when they have understood the full exercise.)

1) Drawing Exercise

Think about the behaviours that we have discussed today. Remember what you have decided your future self would want you to do.

Examples: Chlorinate water, start saving money, apply for jobs... *[Note: they may also decide that some behaviours are not worth it. This is fine, as long as their 'future self agrees'.]*

Please make a decision how you would like to behave *now*. If you want, you can decide to leave everything as it is. If you want, you can decide to change your behaviour. If you decide to change your behaviour, make sure the changes are things you can do *right now*. If you struggle to decide, ask yourself: If your future self could talk to you, what would they want you to do *now*?

[SHOW LEFT SIDE OF ACTIVITY SHEET]: On the left side of this sheet, in a moment I will ask you to make notes on how you want to behave now. This can include things you already do, as well as things you

want to change. But remember, they have to be changes that are possible *now*. If you prefer, you can draw instead of writing.

Imagine what your future would look like, if you follow these behaviours. What will your life be like? What will you look like? How old will your kids be? Where are you? Will you be happy?

SHOW RIGHT SIDE OF ACTIVITY SHEET: On the right side of this sheet, in a moment I will ask you to draw a picture of yourself and your family in the future, if you follow the behaviours on the left side of the sheet. Include as much detail as possible.

Be realistic: It is important that the behaviour on the left matches the future on the right. If you follow the behaviour on the left, will you get the future on the right?

– If you find they don't match, you need to either change how you want to behave now, or you need to change the drawing of what the future will look like.

Next week, we will come back, and talk about how easy or difficult it was for you to follow the behaviours you chose! We will discuss which behaviour is realistic or desirable for you in your life, and what this means for your future. So please bring your activity sheet with your drawing with you next week. We will need it!

Fikiria kuhusu tabia ambazo tumezungumzia leo. Kumbuka nini umeamua nafsi yako ya siku za usoni ingependa ufanye.

Mifano: Weka klorini kwa maji, kuanza ku "save" pesa, kuomba kazi ...

[Kumbuka: huenda pia wakaamua kwamba baadhi ya tabia hizo sio muhimu. Hii ni sawa, mradi nafsi zao za siku za usoni zinakubaliana.]

Tafadhali fanya uamuzi jinsi ungependa mienendi yako kuwa kuishi sasa. Kama unataka, unaweza kuamua kuacha kila kitu jinsi ilivyo. Kama unataka, unaweza kuamua kubadili tabia yako. Ukiamua kubadili tabia yako, hakikisha mabadiliko ni mambo unaweza kufanya hivi sasa. Kama unaugumu wa kuamua, jiulize hivi: Kama nafsi yako ya siku za usoni ingeweza kuzungumza na wewe, ni nini ingetaka ufanye kwa sasa? –

[WAONYESHE UPANDE WA KUSHOTO WA KARATASI YA SHUGHULI]: Kwa muda mfupi, upande wa kushoto wa karatasi hii, nitakuuliza kuandika vile ungetakataka mienendo yako iwe sasa hivi. Hii inaweza jumuisha unachofanya tayari, pamoja na vile vitu ambavyo ungependa kubadilisha. Lakini kumbuka, kunafaa kuwa na mabadiliko ambayo yanawezakana kwa sasa. Kama ungependelea, unaweza kuchora badala ya kuandika.

Fikiria maisha yako ya siku za usoni itakavyokua, kama utafuata mienendo hizi. maisha yako yatakuaje? utafanan a aje? Watoto wako watakua na umri gani? Uko wapi? Utakua na furaha?

[ONYESHA UPANDE WA KULIA WA KARATASI YA SHUGHULI] Kwa upande wa kulia wa karatasi, kwa muda mfupi ujao, nitakuuliza kuchora picha yako na ya familia yako ya siku za usoni, ukifuata mienendo upande wa kushoto wa karatasi. Ongezea maelezo mengi iwezekanavyo.

*Kua mkweli: Ni muhimu kwamba mienendo ya kushoto ilingane na ya siku za usoni upande wa kulia. Kama utafuata mienendo iliyo kushoto, je utapata maisha ya siku za usoni iliyo upande wa kulia?
- Kama hazilingani, unahitaji kubadilisha jinsi unataka kuishi sasa, au unahitaji kubadilisha mchoro wa jinsi siku za usoni zitakavyo kuwa.*

Wiki ijayo, tutatrudi, na kuongelea ni vipi rahisi au ngumu ilikuwa kwako kufuata tabia ulizozichagua! Tutajadiliana ni mienendo gani inawezekana au zinapendeza kwako kwa maisha yako, na hii inamaanisha nini kwa maisha yako ya siku za usoni. Kwa hivyo leta karatasi lako la shughuli na wewe wiki ijayo. Tutahitaji!

2) Writing Exercise, 3min

On the left side of the sheet, please now make notes on how you want to behave now. Remember, this can include things you already do, as well as things you want to change. Remember to only include things you can do *now*. Be as specific as possible and include details of what you want to do, and what you want to change. Next week we will meet again, and talk about what you did!

2) Zoezi la kuandika, dakika 3

Upande wa kushoto wa karatasi, tafadhali andika jinsi mienendo yako ya sasa itakuwa. Kumbuka, hii itajumuisha vitu ambavyo tayari unafanya, pamoja na vile vitu ambavyo unataka kubadilisha. Kumbuka kujumuisha tu vitu ambavyo unaweza fanya kwa sasa. Toa maelezo maalum iwezekanavyo na uongeze maelezo ya yale ambavyo unataka kufanya, na yale ambavyo unataka kubadilisha. Wiki ijayo tutakutana tena, na kuongelea kile ambacho ulifanya!

3) Drawing Exercise, 5min

On the right side of the sheet, please now draw a picture of yourself and your family in the future, if you follow the behaviours on the left side of the sheet. Include as much detail as possible.

3) Zoezi la kuchora, dakika 5

Kwa upande wa kulia wa karatasi, tafadhali chora picha yako na ya familia yako ya siku za usoni, ukifuata mienendo zilizo upande wa kushoto wa karatasi. Jumuisha maelezo zaidi iwezekanavyo.

Discuss Pictures [*start with first participant from the left of FO, and go clockwise*]: Please explain your picture to us. What do you see? Is this where you want to be?

(FOs: If you notice that participants draw perfect futures, but that their current or planned behaviour does not lead to this future, point this out to them. The left and right side of the picture should match.)

Goodbye: Thank you very much for participating today. I hope you have enjoyed this session. We will meet again next week. Remember, it is very important that you bring your pictures along next week. We will then discuss what happened in the meantime. Good luck with trying out your new planned activities!

Kwaheri: Asante kwa kushiriki leo. Natumai kuwa umefurahia utafiti huu. Tutakutana tena wiki ijayo.

Kumbuka, ni muhimu kuleta picha zako wiki ijayo ukija. Kisha tutajadili kilicho tendeka. Kila la heri unapotaribu shughuli na mipango yako mpya!