

Imagining the Future: A Training Manual

Session 2

FOs: For all group questions, it's okay to be flexible with the order in which you call people. Allow the flow of the conversation to be natural. Just make sure that, at the end of each question, everyone has spoken to a similar degree.

Thank you very much for coming, and welcome back for our second session!

Asanteni sana kwa kuja, na karibuni kwa kikao chetu cha pili!

1 Interactive Follow-Up

1.1 Recap Drawings

Let's start by looking at the beautiful drawings we made last week. Did everyone bring their drawings? Great. On the left side of your sheet, you made notes on how you would like to behave *now*. This could be either exactly the way you lived your life previously, or you could decide to make changes to your behaviour. If you decided to change your behaviour, we had agreed to focus on changes that you can make *right now*.

Hebu tuanze kwa kutazama michoro mizuri tuliyofanya wiki iliyopita. Je! Kila mtu alileta michoro yake? Vyema. Kwenye upande wa kushoto wa karatasi yako, umeandika maelezo ya jinsi ungependa kuishi sasa. Hii inaweza kuwa hasa jinsi ulivyoishi maisha yako hapo awali, au unaweza kuamua kufanya mabadiliko kwa tabia yako. Ikiwa uliamua kubadili tabia yako, tulikubaliana kuzingatia mabadiliko ambayo unaweza kufanya hivi sasa.

Group: Please tell me once again about your plan and your drawing. Which decision did you make about your behaviour? What does your drawing mean?

Kikundi: Tafadhali niambie tena kuhusu mpango wako na mchoro wako. Uamuzi gani ulifanya kuhusu tabia yako? Je! mchoro wako unamaanisha nini?

1.2 Implementation: Overview

Group: One by one, I would like you to tell me what you did last week, in order to get to the future in your drawing. So, for each behaviour or plan that you noted on your activity sheet, I would like to know:

1. Did you follow each planned behaviour? How much of it?
2. Which activities/behaviours did you focus on particularly?
3. Which plans were easy to follow? Which plans were hard to follow?

FOs: Presumably some people will report doing some of the behaviours they planned. Others will 'go blank' - either they didn't know what to do, or they knew what to do but did not do any of it.

- Avoid that participants spend too long telling you reasons why they couldn't do the behaviour. This will come in the next section. The idea of this question is to get an overview. It should take a few minutes. The next round will be more detailed.
- **IMPORTANT:** During this round, for each participant, try to identify one "target behaviour", which sounds like it is most relevant to them. Note this down for yourself. You can use this to probe later, when they lack ideas.
- * Examples are: Saving a little bit everyday. Applying for jobs. Chlorinating water.

Kikundi: Mmoja baada ya mwingine, nataka uniambie ulichofanya wiki iliyopita, ili ufikie siku zijazo katika mchoro wako. Kwa hiyo, kwa kila tabia au mpango ulioandika kwenye karatasi yako ya shughuli, ningependa kujua:

1. Je, umefuata tabia iliyopangwa? Ni kwa kiasi gani?
2. Ni shughuli gani / tabia ulizozingatia hasa?
3. Ni mipango gani iliyokuwa rahisi kufuata? Ni mipango gani iliyokuwa ngumu kufuata?

1.3 Implementation: Temptation

Some of you have done more of the behaviour you planned, and some have done less. You have also mentioned some difficulties. Let us talk a bit about what makes it difficult to create the future we want.

Creating a good future often means that we need to sacrifice things in the present. But things in the present can be very tempting! Such as nice food, spending time doing things we enjoy, buying things we like

- For example, to save money, we need to give up on buying some things today. This could mean not buying snacks, not buying a new item of clothing, or something else that we like.
- To apply for jobs, we need to find motivation. Applying for jobs might make us anxious or scared, and we may be tempted to spend our time doing more enjoyable things instead.
- Chlorinating our water means we need to pay for WaterGuard, and we need to remember to use it.
- Getting to a healthy body means we need to resist the temptation to eat unhealthy food right now.

Baadhi yenu mmefanya zaidi ya tabia mlizopanga, na wengine wamefanya kidogo. Pia mmetaja matatizo fulani. Hebu tuzungumze kidogo kuhusu nini kinachofanya iwe vigumu kuunda baadaye tunayotaka.

Kutengeneza siku za baadaye nzuri mara nyingi inamaanisha kwamba, tunahitaji kujinyima vitu kwa sasa.

Lakini mambo ya hivi sasa yanaweza kutamanisha sana! Kama vile chakula kizuri, kutumia muda kufanya mambo tunayofurahia, kununua vitu tunapenda.

- Kwa mfano, ili kuokoa pesa, tunahitaji kuacha kununua vitu fulani leo. Hii inaweza kumaanisha kutonunua snacks, kutonunua nguo mpya, au kitu kingine chochote tunachopenda
- Kuomba kazi, tunahitaji kupata motisha. Kuomba kazi kunaweza kutufanya tuwe na wasiwasi au uoga, badala yake, tunaweza kutamani kutumia muda wetu kufanya mambo ya kujifurahisha zaidi.

- *Kutibu maji yetu inamaanisha tunahitaji kulipia WaterGuard, na tunahitaji kukumbuka kuitumia.*
- *Kupata mwili wenye afya nzuri inamaanisha tunapaswa kupinga majaribu ya kula chakula kisicho na afya kwa sasa.*

Group: Please tell me: Are there things that are tempting right now, and that keep you from creating a better future? If yes, how do these keep you from the behaviour that you planned? Temptations could be food, buying nice things, or wasting time. It can also be tempting to simply not worry about things, especially when your mind is very full and busy.

(FOs: Go around the group. Take time. Let each participant discuss the behaviour they planned, along with possible temptations that keep them from this behaviour.

Point them to the fact that temptations are frequent, and encourage them to think about obstacles in terms of temptations.

Participants may state objective reasons why they could not follow the plan. Often, there are temptations behind these reasons. For instance, "I did not have time to apply for jobs" often simply means "I could have found the time, but in the moment I preferred to do something else."

Kikundi: Tafadhali niambie: Je, kuna mambo ambayo yanakupa majaribu sasa hivi, au ambayo yanakuzuia kuunda maisha bora ya usoni? Ikiwa ndio, yanakuziiaje na tabia uliyopanga?

- Majaribio yanaweza kuwa chakula, kununua vitu vizuri, au kupoteza muda. Inaweza pia kuwa jaribio kutokua na wasiwasi juu ya mambo, hasa wakati akili yako imejaa sana na inafanya kazi.

Okay, as we see we all face temptations in our life! This is perfectly normal! This concerns spending money, eating unhealthy food, wasting time instead of doing the things we plan, and anything else that is tempting for us. Such temptations can prevent us from doing the things that we plan to do, and create the future that we wish for.

Sawa, tunavyoona sisi sote tunakabiliwa na majaribu katika maisha yetu! Hii ni kawaida kabisa! Hii inahusisha kutumia pesa, kula chakula kisicho na afya, kupoteza muda badala ya kufanya mambo tunayopanga, na kitu kingine chochote ambacho kinatujaribu. Majaribu hayo yanaweza kutuzuia kufanya mambo tunayopanga kufanya, na kuunda baadaye tunayotaka.

*****FOs: The following are crucial concepts. Stop after each point and make sure the participants can follow your logic. Allow for questions. If they did not understand, you can repeat things in the script.*****

So why are we tempted, and why does it keep us from creating the future that we want? The reason is simple: It is easy to imagine the present, and hard to imagine the future! The present is right here in front of us. We can smell food that we like, and see things we'd like to buy. In contrast, the future feels much farther away. Maybe we are not sure what it will look like. We can not see it or smell it.

But this is important: The future will come! And it will depend on how we act today!

What follows from this? In order to make the right decisions, we need to “bring the future closer” to us, by imagining and visualizing it! When we can see both the present and the future, we can make good decisions for our life!

Hivyo, Kwa nini tunajaribiwa, na kwa nini inatuzuia kutengenezaa baadaye tunayotaka? Sababu ni rahisi: Ni rahisi kufikiria sasa, na ni vigumu kufikiria siku zijazo! Maisha ya Sasa yako hapa mbele yetu. Tunaweza kunusa chakula tunachopenda, na kuona vitu tunayotaka kununua. Kwa upande mwingine, siku zijazo tunazihisi kuwa mbali sana. Labda hatujui vipi zitakavyo kua. Hatuwezi kuziona au kuzinusa.

Lakini hii ni muhimu: maisha ya baadaye yatakuja! Na itategemea jinsi tunavyofanya leo!

Ni nini kinachofuata kutoka kwa hili? Ili kufanya maamuzi sahihi, tunahitaji "kuleta maisha ya usoni karibu" kwetu, kwa kutafakari na kuiangalia! Wakati tunaweza kuona maisha ya sasa na ya baadaye, tunaweza kufanya maamuzi mazuri kwa maisha yetu!

2 Recap Lecture: Thinking about the Future

During the last week, you have noticed some practical difficulties of following your plan. For now, let us refresh what we learned in the last session! We can then apply some of the things that we learned to the experiences you made since the last session!

Katika wiki iliyopita, umeona matatizo magumu ya kufuata mpango wako. Kwa sasa, acheni tujikumbushe upya kile tulichojifunza katika kikao kilichopita! Kisha unaweza kutumia baadhi ya mambo uliyo jifunza kwenye uzoefu uliufanya tangu kikao cha mwisho!

2.1 What we do in the present shapes our future

[FOs: When the text is the same as last week, you can be faster than last week. But still say it to remind the participants. Go slow if it seems like they forgot.]

Last week, we discussed that 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.

Wiki iliyopita, tujadiliana kuwa mambo mengi tunayoyafanya katika maisha yetu ya kila siku yana athari katika siku zetu zijazo.

- *Ikiwa tuna save pesa sasa huamua kama tunaweza kupanua biashara yetu kwa wiki chache au miezi michache. Au kununua paa la nyumba yetu.*
- *ikiwa watoto wetu wanaenda shule ya sekondari au la, huamua kama wanaweza kupata kazi nzuri baadaye katika maisha.*

2.2 We affect the future with more actions than we think

We have also discussed that the future is affected by many more things than we think about. We do some things specifically because we think of the future. Examples are saving, building a house, or sending 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 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.
- When we are expecting a child, attending all of the required antenatal and postnatal doctor visits may have effects on the health of our child for its entire life.

Pia tumejadili siku za usoni kuwa zinaadhiriwa na mabo mengi kuliko yale tunayoyafikiria. Tunafanya mambo mengine haswa kwa vile tunafikiria kuhusu siku za usoni. Mifano ni kuweka akiba, kujenga nyumba, au kuwatuma watoto wetu shuleni. Lakini kuna tabia nyingi ndogo ambapo huwa hatufikiri kuhusu siku za usoni, lakini bado yanatuadhiri. Kwa mfano:

- Kila wakati tunapoweka Watergurd kwa maji yetu ya kunywa, tunapunguza hatari ya watoto wetu kuhara.
- Kila wakati tunapogharamika kwa vitu ambavyo hatuhitaji sana, badala ya kuweka kando kwa mambo ya dharura, tunapunguza uwezo wetu wa kushughulikia maswalamagumu kwa siku za usoni.
- Tunapomtarajia mtoto, kuhudhuria kliniki zote kabla na baada ya kupata mtoto inaweza kuwa na athari kwa afya ya mtoto katika maisha yako yote.

Short Exercise (1min): Please quickly remind me of other examples where your behaviour everyday has an effect on the future?

(FOs: Again, go beyond "obvious" examples like saving. Encourage small everyday behaviours. Examples: Smoking cigarettes (health), splurging money on unnecessary things etc. Do not discuss mistakes people made a long time ago. Focus on current behaviour.)

Also, remember that shaping our future is not just about avoiding negative outcomes. It is about creating a good future, where we are healthy, we are financially stable, our children are educated, and we have a good life. 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.

Zoezi fupi (Dakika moja): Tafadhali kwa haraka tukumbushe ni wapi tabia yako iko na athari kwa maish yako ya usoni?

(FOs:Tena, kuenda zaidi "kawaida" kwa mfano kuweka akiba. Himiza tabia ndogo ndogo za kila siku. Kwa mfano, kuvutua sigara (afya), kutumia pesa kwa vitu zisizo za maana na kadhalika. Usijadili makosa ambayo watu walifanya kitambo. Shughulika na tabia za sasa.]

Pia, kumbuka kuwa kutengeneza siku zetu za usoni si tu kwa kujingatia mambo yasiyo mema. Ni kuhusu kuunda siku za usoni mwafaka, ambapo tuna afya bora, tuko sawa kifedha, watoto wetu wamesoma, na tuna maisha bora. Kwa kuweka akiba kwa mambo kwa mambo ya dharura,

tutakuwa na maisha mema ya usoni, ambapo tuko tayari kwa maswala dharura. Kwa kutibu maji, tutakuwa na watoto walio na afya. Kwa kutayarisha vyakula vyenye afya na mboga mingi kwa watoto wetu, tunawasaidia kua wakiwa wenye nguvu, watu wazima wenye afya. Ni muhimu kugungua kuwa kila tendo ndogo laweza kutusaidia kuwa na siku njema za usoni.

2.3 Creating a good future means resisting temptation in the present

[FOs: The following is in part a repetition of Section 1.3. This is because it is very important, so we do it first as an overview and now in more detail.]

Let's talk a bit more about temptation. As we discussed earlier, creating a good future is not always free - we need to make an effort in the present.

Sometimes, this means we need to give up small pleasures.

- When we save a little bit each day, we give up the possibility to buy little snacks, or other things we like.
- When we choose to buy WaterGuard and chlorinate our water, we give up just a little bit of peace of mind because we need to remember it.

Wacha tuongee kuhusu majaribio. Kama tulivyojadili hapo awali, kutengeneza siku njema za usoni si bure kila wakati-yafaa kuweka bidii kwa sasa.

Wakati mwingine, inamaanisha inafaa tuweke kando raha ndogo ndogo.

- *Tunapoweka akiba kidogo kila siku, tunawachana na uwezo wakununa "snacks", au vitu vingine tunavyopenda.*
- *Tunapochagua kununua Waterguard na kuweka cholini kwenye maji, tunajipa tu amani kidogo ya kiakili, kwa vile tunahitajika kukumbuka.*

Often we think that we *should* give up such small pleasures - they are worth it in return for a great reward in the future!

A "temptation" is something that we *wish* we could resist. It keeps us from following a plan that we have made. We know what the "*right*" choice is for us. But still, we struggle to resist! Also, we sometimes regret not having resisted temptation in the past.

Mara nyingi sisi hufikiria kuwa tunafaa kuwacha raha ndogo ndogo- ni muhimu pia kama tutajizawadi kwa siku za usoni.

Jaribio ni kitu ambacho sisi hutamani tungeweza kukiepuka. Huwa kinatukinga na kufuata mpango tulioutengeneza. Tunajuwa kuwa amuzi "sahihi" ni lipi. Lakini bado, tinapambana kujikinga! Pia, mara nyingine tunajuta kukosa kijikinga na majaribio hapo awali.

Exercise: Which temptations do you face in your life? Try to think broadly. Temptations can be about a lot of things: Eating, spending money, wasting time, 'thinking lazy'. More generally, anything that can keep you from following a plan that you have made.

Ni majaribu gani unayokabiliana nayo katika maisha yako? Jaribu kufikiria kwa ujumla. Majaribio yanaweza kuwa juu ya vitu vingi: Kula, kutumia pesa, kupoteza muda, 'kufikiri kivivu'. Zaidi kwa ujumla, chochote kinachoweza kukuzuia kufuata mpango uliofanya.

FO: **Take a note** of each temptation that is mentioned. Also note the main temptation for each participant. Make sure every participant discusses at least one temptation.

[If participants struggle with the ideas, you can hint:] "Do you struggle to follow plans you have made? Why? Are you tempted to eat more, spend more money, not do unpleasant tasks, or do other things that you planned not to do?"

[If participants struggle with the ideas, you can hint:] "Je! Unajitahidi kufuata mipango uliyoifanya? Kwa nini? Je! Unajaribiwa kula zaidi, kutumia pesa zaidi, usifanye kazi zisizo faa, au kufanya vitu vingine ulivyopanga kutofanya? "

As we now know, how we behave in the present determines what our future will be like. This is true whether or not we think of the future! So it is also true when we give in to our temptations.

Kama tunavyojua sasa, tunavyofanya kwa sasa huamua jinsi maisha yetu ya baadaye yatakavyokuwa. Hivyo ni kweli iwapo tunapo au tusipo fikiria kuhusu siku zijazo! Hivyo ni kweli pia tunapokubali majaribio yetu.

Exercise: Okay, let's think a bit about these temptations, one by one.

Zoezi: Haiya, Tufikirie kidogo kuhusu majaribio, moja baada ya nyingine.

(FO: Go through the temptations mentioned, one by one (if several participants mention the same temptation, it's enough to discuss it once). For each individual temptation, ask in two steps:)

1. Let's all imagine: What will our future be like if we follow this temptation?
2. Now let's imagine: What will our future be like if we resist this temptation?

Continue until all temptations have been discussed. Make sure participants connect each temptation to the consequence of that temptation for the future. Make sure to talk about both versions of the future, the negative and the positive one.

1. Wacha tufikirie sote: Je maisha yetu ya usoni yatakuwa vipi ikiwa tutafuata majaribio haya?
2. Wacha tufikirie sote: Je maisha yetu ya usoni yatakuwa vipi ikiwa tutakataa majaribio haya?

We can see that resisting temptation is the "right" choice if we want to create a good future. But if it is the right choice, then why is it difficult? We have already mentioned it earlier, and we have discussed it last time: It is easy to imagine the present, and hard to imagine the future! The present is right here and tempting us. The future can feel far away and uncertain. We have to make an active effort if we want to 'see' what the future will look like in our mind!

Tunaona kuwa kujikinga na majaribio haya ndio uamuzi sahihi ikiwa tunatak kuwa na siku bora za usoni. Lakini ikiwa ndio uamuzi sahihi, mbona ni ngumu? Tulikuwa tushataja hapo awali kuwa, na pia tulijadiliana mara ya mwisho: ni rahini kufikiria kuhusu sasa, na ngumu kufikiria kuhusu siku za

usoni! Sasa iko hapa sasa na inatujaribu. Siku za usoni twazihisi kuwa mbali na kukosa uhakika kizihusu. Inafaa tuweke jitihada ikiwa tunataka “kuona” jinsi siku za usoni zilivyo kwa mawazo yetu!

2.4 Strategies for better self-control

So how can improve our ability to resist temptation? How can we make it easier to follow our plans, and create the future that we want?

Kwa hivyo tunaweza aje kuboresha uwezo wetu wa kupinga majaribu? Tunaweza kuifanya aje rahisi kufuata mipango yetu, na kuunda siku za usoni ambazo tunataka?

2.4.1 Connecting to our future selves

Last time we imagined your 'future self', the person you will be in one year. **This person can be our friend!**

They can help us to resist temptation, and follow our plans.

*Mara ya mwisho tulifikiria kuhusu siku zetu za usoni, mtu ambaye utakuwa kwa mwaka mmoja ujao. **Mtu huyu anaweza kuwa rafiki yetu.***

Hii inaweza kutusaidia kupinga majaribu, na kufuata mipango yetu.

Silent Exercise (1min, no talking required): Close your eyes for one minute. Imagine the person you will be in one year. Assume that you follow the behaviours in your plan, and that you get the future that you drew in your picture. 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?

– [After 1min, keeping eyes closed] **Silent Exercise:** Imagine that your future self can now talk to you. What does your future self think about your behaviour now? [PAUSE] What does she want you to do? Are there things she would want you to do more of? Or less of? Or differently?

– **Talking** (very brief!): What did your future self tell you?

Zoezi tulivu(dakika moja, kuongea hakuhitajiki): Funga macho yako kwa dakika moja. Fikiria ule mtu utakuwa kwa mwaka mmoja ujao. Dhania kuwa unafuta tabia zilizo kwa mpango wako, na kuwa upate siku za uoni ulizochora kwa picha yako. Tumia maelezo. Je, umri watoto wako ni upi? Je, wanaenda shule? Je wana afya bora? Je, wanafanana aje? Je, wewe uko wapi? Je unafanya kazi gani?

[Baada ya dakika moja, ya kufunga macho] **Zoezi tulivu:** Fikiria sasa siku zako za usoni zinaweza sasa kukuongelesha. Je, siku zako za usoni zinafikiria nini kuhusu tabia yako ya sasa? [PAUSE] Je, anataka ufanye nini? Je, kuna mambo angependa ufanye zaidi? Au kidogo? Au kitofauti?

Kuongea (kwa ufupi): Je siku zako za usoni zilikuambia nini?

Now all we have to do is to connect our temptations to our future selves!

Every time you find yourself tempted, you can think of your future self. Remind yourself that what you do right now determines which future you will get: The future that you want, or a different one.

When you face a particular temptation, it helps to focus on a particular aspect of your future.

- If you are tempted by unhealthy food, think of the healthy body you will have if you don't eat it.
- If you are tempted to spend money rather than save, think of the future you will have if you save (like starting a business, buying an iron roof, or sending your children to secondary school).
- If you are tempted to "think lazy" and not chlorinate your water, think of how your children will get much less diarrhea if you do.
- When you are pregnant, and you are tempted to skip antenatal or postnatal doctor visits because you don't have time, think of giving your children the healthiest future you can.

*Sasa kile tunachohitajika kufanya ni kulinganisha majaribio yetu kwa siku zetu za usoni!
Kila wakati unapojaribiwa, unaweza fikiria kuhusu siku zako za usoni. Jikumbushe kuwa unachofanya sasa hivi kinaamua ni siku zipi za usoni utapata. Siku za usoni unazotaka, au tofauti. Unapokumbana na jaribio fulani, inakusaidia kuzingatia kipengele fulani kwa siku za usoni. Ikiwa unajaribiwa na chakula kisicho na afya, fikiria kuhusu mwili wenye afya ambao utakosa kuwa nao ukikosa kula.*

- *Ukijaribia kutumia pesa badala ya kuweka akiba, fikiria kuhusu siku za usoni utakazokuwa nazo ikiwa utaweka akiba (kama vile kuanzisha biashara, kununua mabati, au kuwatuma watoto wako kwenye shule ya upili.)*
- *Ukijaribiwa kufikiria uvivu na usiweke klorini kwenye maji, fikiria vile watotowako hawataendesha kwa sana ikiwa utaiweka.*
- *Ukiwa mja mzito na ujaribiwe kutoenda kliniki au kumwona daktari baada ya kujifungua kwa vile hauna muda, fikiria vile unafaa kuwapa watoto wako siku za usoni zenye afya bora zaidi.*

Silent Exercise: Okay, let's try this! You are probably not feeling tempted here and now, but you can mentally prepare yourself for the next time you face temptation. In the next exercise, let us think about how it will work in *practice* to overcome temptation, and how you will feel. Once the situation arrives, you will be prepared. You will know what to do, and you will know that you can get through it!

Let's start: Think of the temptation that most keeps you from achieving the future that you want
[Long Pause]

- Now please close your eyes. Imagine the next time you are faced with this temptation. Use details: Where are you, and what is the situation? What is tempting you? *[Pause]*.
- Imagine how you will call up an image of the future that you want. How will you feel when you achieve this future? Imagine how you will "talk" with your future self. What does your future self want you to do? *[Pause]*
- Imagine how you successfully overcome the temptation. How will you feel? What will it look like?

[Pause]

- **Talking:** Please tell me what you saw.

Conclusion: To achieve our plans and manage temptation in our life, the most important thing is to “keep in touch” with our future self. Your future self is your friend, who can help you achieve your plans! Talk to them! This is especially important when we face temptations.

Zoezi tulivu: Sawa, wacha tujaribu hii! Labda hauhizi kujaribiwa hapa na kwa sasa, lakini kimawazo unaweza kujitayarisha kwa wakati mwingine ili kukumbana na majaribio. Kwa zoezi linalofuata, tufikirie jinsi itafanya kazi kwa kujaribu kushinda majaribio, na vile utakavyohisi hali hii ikifika, uakuwa umejitayarisha. Utajua la kufanya, na utajua kwa unaweza pita.

- Tuanze: Fikiria kuhusu jaribio ambalo mara mingi hukuzuia kufikia siku za usoni ambazo ungetaka. [Long pause]
- Sasa tafadhali fungua macho yako. Fikiria wakati mwingine ukikumbwa na jaribio hili. Tumia maelezo: Uko wapi, na hali iko vipi? Ni nini kinakujaibu? [Pause].
- Fikiria jinsi utaita picha hiyo ya siku za usoni ambayo unataka. Utahisi vipi ukifanikisha siku hizi za usoni? Fikiria jinsi “utaongea” na siku zako za usoni. Je, siku zako za usoni zinataka ufanye nini? [Pause].
- Fikiria jinsi utafanikiwa kushinda majaribu haya. Utahisi vipi? Je itakaa aje? [Pause].

Kuongea: Tafadhali niambie ulichoona.

2.4.2 Other tricks

Imagining the future should always be the first step. But sometimes temptations last a long time, and we cannot spend hours imagining the future. So here are two more tricks:

1. Hide the things that tempt you, and put the things that you should do in plain sight.
 - You can hide away small amounts of money in the house, so that you don’t spend them.
 - You can hide snacks, or not have them in the house, to avoid being tempted.
 - You can put WaterGuard in plain sight on your kitchen table, to remind you to use it.
2. When you can’t stop thinking about temptations, distract yourself with pleasurable thoughts. If you struggle to resist temptations for a long time, find a thought that makes you happy, and that has nothing to do with the temptation. Distract yourself until the temptation fades.
[Briefly check whether participants understand these strategies and agree with them.]

Kufikiria siku zijazo lazima iwe hatua ya kwanza. Lakini wakati mwingine majaribu hudumu kwa muda mrefu, na hatuwezi kutumia masaa kufikiria siku zijazo. Kwa hiyo hapa kuna tricks mbili zaidi:

Ficha vitu ambazo hukujaribu, na uweke vitu ambazo unafaa kufanya mbele na wazi.

- Unaweza kuficha viwango vidogo vya pesa kwa nyumba, ili usizitumie.
- Unaweza kuficha “snacks” au usiwe nazo kwa nyumba, ili usijaribiwe.
- Unaweza weka Waterguard mahali wazi kwa meza yako ya jikoni, ili ikukumbushe kuitumia.

Wakati ambapo hauwezi kuwacha kufikiria kuhusu majaribio, jivuruge mwenyewe na fikira zenye raha. Uking’ang’ana kupinga majaribio kwa muda mrefu, tafuta fikira mabaya inakufurahisha, na ambayo haina chochote kuhusiana na majaribio. Jivuruge hadi jaribio hilo lididimie.

3 Activities

Last week, you drew the future that you want, and the behaviour in the present that will lead you there. Today, we have discussed the temptations that can keep us from following these behaviours.

We have then discussed how we can use images of the future to resist these temptations! As a last step, we will now make notes and drawings of what we have learned.

[SHOW HANDOUT]

Writing Exercise:

On this handout, I would like you to note down the temptations which keep you from following your plans. You can note up to three temptations. A chlorination example is already here.

Wiki iliyopita, ulichora kuhusu maisha ya usoni ambayo unataka, na tabia za sasa ambazo zitakufikisha huko. Leo, tumejadiliana kuhusu majaribio ambayo yanaweza kukuinga kufuata tabia hizi.

Tumejadili jinsi tunavyoweza kutumia picha za siku za usoni ili kupinga haya majaribio! Kama hatua ya mwisho, tutaandika na kuchora kile ambacho tumejiunza.

[WAONYESHE KARATASI]

Zoezi la Kuandika:

Kwa karatasi hili, Ningependa uandike majaribio ambazo hukuinga na kufuata mipango yako. Unaweza andika hadi majaribio matatu. Zoezi la kuweka chlorini kwenye maji tayari liko.

Drawing Exercise:

Below each temptation, please draw an image of the future that will help you to overcome this temptation! Each time you struggle with this temptation, you can imagine the future you drew!

– Example Temptation: “think lazy and not chlorinate” => Draw future image of healthy children. Remember this image every time you buy water.

– Example Temptation: “spend money on unnecessary things” => Draw image of savings goal (iron roof, business, children in secondary school etc). Remember this image everytime you are tempted to buy something that is not really necessary.

Discuss Pictures: Please explain your picture to us. What do you see? Is this where you want to be?

Final question: What have you learned today? What will you take away from these sessions?

Goodbye: Thank you very much for participating today. I hope you have enjoyed the sessions, and gained something from it. Please keep the lessons we have learned together with you in your everyday life! Remember, to achieve our plans and manage temptation in our life, the most important thing is to “keep in touch” with our future self. Your future self is your friend, who can help you to manage temptations, follow your plans, and create the future that you want!

Zoezi la kuchora: *Chini ya kila jaribio, tafadhali chora picha ya usoni ambayo itakusaidia kushinda majaribio hayo. Kila wakati unapopambana na majaribio hayo, unaweza fikiria kuhusu maisha ya usoni uliyoyachora!*

-Mfano wa majaribio: “fikiria uvivu na usiweke chlorini”=> Chora picha za usoni za watoto wenye afya. Kumbuka picha hii kila wakati unaponunua maji.

-Mfano wa majaribio: “Tumia pesa kwa vitu visivyofaa. => Chora picha ya lengo la kuweka akiba. (mabati, biashara, watoto wakiwa kwenye shule ya upili na kadhalika). Kumbuka picha hii kila wakati unajaribiwa kununua kitu ambacho si muhimu sana.

Jadili picha: Tafadhali tueleze picha. Ni nini unaona. Je, hapa ndio ungetaka kuwa?

Swali la mwisho: Je, umejifunza nini leo. Je unaona nini? Je, ni hapa ndio ungependa kuwa?

Kwaheri: Asante sana kwa kushiriki leo. Ninatumai kuwa umefurahia kushiri kwa utafiti, na kufaidi kitu kutoka kwa utafiti. Tafadhali weka mafunzo tuliyojifunza pamoja kwa maisha yako ya kila siku! Kumbuka, ili kufikia mipango yetu na kusimamia majaribio kwa maisha yetu, kitu cha maana ni kuwa na uhusiano na maisha yetu ya usoni. Maisha yako ya usoni ni rafiki wako, ambaye anaweza kukusaidia kusimamia majaribio, kufuata mipango yako, na kutengeneza maisha ya usoni ambayo ungependa!