

National  
Credit Union  
Youth Month  
April 2019



## The Future is Yours

⇒ Picture it! ♥ Save for it! + Share it! ⇐

### **The Future Is Yours: Picture it! Save for it! Share it!**

Dreaming of our ideal future delights and inspires us. Children, with their fertile imaginations, are particularly good at dreaming. But to make dreams come true, you need to have clear goals and, very likely, save some money to make them happen. Credit unions can help their members on both counts.

The theme for Youth Month this April, is [“The Future is Yours: Picture it! Save for it! Share it!”](#)

We’re encouraging all members, particularly our youngest, to write down their dreams, create vision boards, and encourage each other. These activities will help lay the groundwork for their future success.

Putting your dreams and goals down on paper where you can see them every day actually helps you achieve them! Studies were conducted at Dominican University on the science of goal setting. The results revealed that writing down your goals on a regular basis makes you 42% more likely to achieve them than if you don’t record them. They determined that using your imagination (right/creative brain) and writing those plans down (left/logical brain) engages your whole brain, including your subconscious. This makes it easier for you to find and seize opportunities that will help you achieve your goals, as well as keep you motivated.

Young members who begin a habit of envisioning and recording their goals are more likely to achieve future goals as adults. This year’s Youth Month theme will give our members the encouragement they need to start this habit.

