Workbook STEP 2—Arts

What do you do?

In Canada, you need to work, to study, and have meaningful activities. Many newcomers feel pressure to find a job quickly. Sometimes this happens before you understand your goals, skills, or needs. This step helps you slow down and think. It helps you understand why you came to Canada and what kind of life you want to build.

Focus of Step 2 — Arts

Understanding why you came to Canada — and what you want for your life — is an essential part of building a meaningful future.

You can download a printable version of this workbook at hapy.ca/free resources.
You can write full sentences, simple words, or just notes. There are no wrong answers. This is your space.

Notes:

Questions—Arts

Take your time. Short answers are enough.

Why am I in Canada?

Why did I leave my country?

Why did I choose Canada?

What do I expect from life here?

What are my hopes for the future?

You may also think about: Do I want to build a career?

Do I want to take care of my children or grandchildren?

Do I want to learn something new?

Writing practice—Arts

Writing helps you organize your ideas, make things clear, and improve your language skills. Choose one option to help you start writing. You do not need to do both.

Option 1: Writing with a simple formula
Option 2: Writing without a formula (free writing)

Option 1: Writing with a simple formula

Use this structure if it helps you organize your thoughts.

Name:

Date:

Title:

1. **Big picture:** What is this story about?
2. **Challenge:** What was difficult?
3. **Solution:** What did you (or someone else) do?
4. **Result:** What happened? What changed?

Your story

Your name: _____

Date: _____

Title: _____

Big picture: What is this story about?

Challenge: What was difficult?

Solution: What did you (or someone else) do?

Result: What happened? What changed?

Put your story together:

Option 2: Writing without a formula (Free writing)

Write freely. There are no rules.

You can write about:

- your day
- your home
- your work or studies
- your daily travel
- something important to you

Reading and practising with an example

Read the example below. Then write 2–3 simple questions about the text. Answer them using your own words.

Story example 3 (from the guide)

Name: Mehrinaz Mahmoudnejad

Date: July 9, 2025

Title: About our home

Story:
I live with my daughters in a townhouse. It has a small backyard. The house has three floors. The basement has the furnace room. The main floor has the living room, dining room, kitchen, and pantry. We have a small corner for my plants and some art from Iran in the living room. There is also parking for one car. The second floor has three bedrooms and a small work area. The laundry room is also on the second floor. There are two bathrooms in the house.

Write a few questions:

Write your answers:

Tip: Do not aim for perfection. Aim for communication. The goal is to express yourself, not to be perfect.

Plan Step 2—Arts

This plan helps you think about work, learning, or hobbies.

Example: Plan in Step 2—Arts

Challenge: I am unsure about my goals and my language confidence.

Vision – What you want in the future: I want to feel confident expressing myself and understand what I want from my life in Canada.

Goals – What you want to achieve this year:

- Improve my English or French communication
- Explore one activity or class I enjoy

Tasks – What you will do this week:

- Write about why I came to Canada
- Join one conversation or hobby group
- Write one good thing each day

Your plan—Arts

Challenge:

Vision – What you want in the future:

Goals – What you want to achieve this year:

Tasks – What you will do this week:

Pause and reflect

Answer honestly. This is for you.

What are my main reasons for being in Canada today?

What kind of life do I want to build?

Extra notes and reflections. Use this space for any questions or thoughts from the guide.