

## Collective Visioning

### Exercise 3

The goal of this exercise is to nurture hope by leading people to develop a personal vision for themselves.

#### **Personal Visioning**

You can do this vision exercise by yourself, but it works much better with a group. You should allow about two hours for everyone to share and to have adequate time for the interviewing process, which is a critical step. If you don't have a leader to read the meditation for the group, try recording it, reading very slowly and leaving several seconds between each question. I like to use a recording even when I'm with the group so I can participate fully as well. You might want to start with some quiet, meditative music.

Ask the people in the group to take a moment to think about a personal goal or desire they have for themselves that they can concretely articulate. Useful language is "Choose one goal you know you want to achieve and when you hope to achieve it by (as far as you can tell)."

Then ask the participants group to share with each other. If people are struggling because they think their goals are too silly or small, or if they seem to have a lot of emotion around a specific choice, support them to go with the idea that comes up for them most strongly.

Here's a script for the guided meditation.

- Close your eyes or look down with soft focus.
- Take three breaths (together if with others).
- Be aware of your body, the weight of it, the fullness of it, the edges of it.
- Now think of the goal you want to achieve and imagine the achievement of the goal seeping into your body starting at the head or growing up from the earth into your legs. Imagine that you have achieved it.
- How does your body feel?
- Has anything changed in your relationship with friends, a partner, family members, coworkers?
- How do you feel when you go to bed at night?
- What is different for you now that you have achieved your goal?

After about ten minutes, return to the present time. Ask the participants to draw or journal about their experience of having achieved their goal. Give them about fifteen minutes for this part. Don't stop the process unless you're restricted by time constraints if most people are still drawing or writing at the end of fifteen minutes. However, it's very important to leave enough time for the interview questions below.

Have the participants get in pairs and take turns interviewing each other as if they're in that future time when they have accomplished their visions. (If you are by yourself, answer the questions in writing.) All the participants will be looking back, reflecting on how they succeeded. They will speak from the future about how they achieved their goals, what some of the obstacles were, and how they overcame them. Remind everyone to stay in the future time.

Ask the following questions:

- So what have you achieved?
- How did you do it?
- Who helped you? How? When?
- What were the barriers and how did you overcome them?
- What has changed for you since you achieved this goal?
- What else would you like to tell us?
- What was the first thing you did after the first visioning session you have when you made this goal?
- Who was the first person you turned to for support on your journey?