



LIFE VISIONING EXERCISES



“Rocking Chair” Life Vision

INSTRUCTIONS:

1. Do you ever wonder what your life dream is? This exercise helps you see the vision you already have within you for your life.
2. Allow yourself 20 minutes of quiet time to ponder and write your answer in the space below!
3. This is about YOU, so let your imagination go, write a story and paint a picture of your life with words.

Now, take a moment to REALLY imagine you are blissfully happy and healthy AND 90 years old. You're **sitting in your rocking chair** and looking back over your **IDEAL life**.

1. **Who are you** as a person? What is it about you that **people value**?
2. What have you **achieved**? What are you **proud of**? What adds meaning to your life and gives you a sense of **fulfillment**?
3. Perhaps consider how your life unfolded in the following areas: **Family, Friends, Significant Other, Career, Health** (emotional, spiritual and physical), your **Home**, what you did for **Fun and Leisure**, what you have **Learned** about, what you did in **Service, Leadership** or in your **Community**.
4. Finally, I wonder what you can **see** around you. What are you **feeling**? What can you **hear**? What **SHOWS** that you're truly happy?

Tip: The complete picture may not magically arrive, just put pen to paper NOW and write – see what happens!



Retirement - or Big Birthday - Party Visioning Exercise

BACKGROUND:

- This visioning exercise involves you imagining some point in the future when you're going to retire. If you don't work (or can't imagine retiring) it could also be a 'Big' Birthday party, perhaps your 60th, 65th or 70th Birthday.
- This party has been organized to celebrate you and a substantial change you're making in your life. Are you retiring - or maybe you're moving somewhere new? Perhaps you're going travelling or embarking on a new creative career? Only you know!
- However, you got here, and a big party is being held in your honor. This party is celebrating YOU.

So, take a moment to imagine that you're at a party all about you! Someone has written a speech celebrating you. What would it say? Use the question prompts below to help you write the speech that someone will read ABOUT you in the space below.

1. How old are you? Who is at the party? Where is the party being held?
2. What have you achieved in your family, career, business, community or in the world?
3. What is it about you that the **people at the party truly value?**
4. What would YOU want to be said about you? What would you be disappointed if it was not said?
5. What did you do that was truly amazing? Where did you surprise yourself? Where did you surprise others? What are you MOST proud of? What mistakes did you make, that you can laugh about now?
6. What is the essence of you that you would want to be captured in that retirement or birthday speech?
7. **Optional:** Where are you going next in your life? What are you excited to spend more time doing? How do your friends and family fit into your life going forwards?

Final Tip: Don't worry about writing a 'good speech' - instead concentrate on what the speaker might say - if it helps, imagine this is a first draft of the speech, just to capture the key points. And remember to write the speech in the 3rd person eg. "Sarah/Auntie Sarah has always...":



“Newspaper Article” Writing Exercise

BACKGROUND:

- This visioning exercise involves imagining that you have achieved a great milestone in your life or career.
- What would success look like to you?
- It could be an award you’ve received, a book you’ve written, something you’ve established or created. It could be a fundraising goal you’ve reached, a feat of travel, charitable activities or something else.
- Now, write an article, as if written by a newspaper, about the recent milestone and successes you have achieved.

Tips:

1. Write from 250-500 words in in the PAST tense.
2. Mention yourself, anyone who helped you and any sources quoted - by name.
3. Remember to give a little background including recent successes and other relevant highlights.
4. What does your success MEAN for the people reading it - how do the readers benefit?
5. **OPTIONAL:** What newspaper would you like to be featured in? Try (as best you can) to write in that newspaper’s style.
6. Don’t worry about grammar or spelling here - this is about capturing your vision and essence.