

# A visioning exercise

[ccl-explorer.org/a-visioning-exercise/](http://ccl-explorer.org/a-visioning-exercise/)

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This wonderful exercise is offered to us by our colleague TZiPi Radonsky.

TZiPi is a traveling rabbi-teacher and woman of the world, coach, writer, artist, and our associate at the Center for Creative Leadership.



Purpose:

1. To offer an opportunity to experience intuition
2. To create an environment to work independently and interdependently
3. To blend visioning and intuition
4. To tell your story before others tell it for you
5. To gather support through accountability partners

Process:

1. Place Visual Explorer cards, **face down** on a table before people have gathered.
2. Talk about vision and visioning as something that arises within each self and is unique to each person. Ask each person to begin thinking of a dream, mental picture, image, visualization they want for him or her Self or their community or department.
3. Holding that vision, lead them through a bodymind exercise with deep breathing, releasing fears and visioning the future.
4. After the five minute mindfulness visioning give them the questions.
5. Direct them to bring to their mind's eye to each question, one at a time. Then proceed to the table where the cards are and choose a card related to each question. Ask them not turn the cards over until all 6 questions have been answered by the cards and they are sitting by them self.
6. This process is all done in silence.
7. When they have found a place to ponder, look at the chosen cards and the questions and write about the connection and what they learned.
8. After about 30 minutes or less gather them into dyads to tell their story
9. Debrief the exercise at will: any surprises, anything they will follow up, any help they need from their partner?

Questions:

1. Who am I in relationship to my vision?

2. What do I need to experience to make the vision happen?
3. What internal obstacles might prevent me from accomplishing my vision?
4. What will push or pull me across the threshold of fear or awe?
5. What will I feel when I am living my vision?
6. Who will I be when I am living my vision?