Your Vision: A five-minute cognitive breathing and visioning exercise

Sit up in your chair, put both feet on the floor, close your eyes, and take a deep breath.

When you’re comfortable, imagine the question that came to you in the “Biography Work” exercise. Then release it and listen deeply.

Next, consider the “Needs of the World” that touched you most deeply. Then release them and listen deeply.

Next, consider your gifts, interests, resources, and learning tasks. Then release them, again listening deeply.

Next, in your mind, go to the day when your dream is coming true. See it in full color. Notice what you’re wearing, who’s there with you, what people are saying, and especially how you’re feeling. Stay there for a minute.

Next, in your dream, notice someone walking excitedly toward you. Once they reach you, hear them tell you that they have a dream similar to yours. Hear them ask you how you did it. Take a minute to tell them that you simply imagined the good feelings of the end result, and got the picture of it coming true. Enjoy that conversation for a minute.

Finally, write down a description of what you saw, as vividly and with as much detail as you are moved to do. When you have finished writing, close your eyes again and savor your feelings for a few minutes, then open your eyes. If you are working with another person, share your vision with them.

Adapted from Eight to Great by M.K.Mueller