



## Visioning Exercise

### **"Rocking Chair" Life Vision**

#### INSTRUCTIONS:

- Do you ever wonder what your life dream is? This exercise helps you see the vision you *already have within you* for your life.
- Allow yourself 20 minutes of quiet time to ponder and write your answer in the space below!
- 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 added 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 **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 you're truly happy?

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