

Workshop: **Vision Your Future**

This workshop is the second in a series:

1. Who Am I At My Best?
2. Vision Your Future
3. Embrace Your Future

and was created for high school students as they prepare for the next big step in their life: college, work, career, ... You will need these Inspiration Card sets (though you could make others available if you like):

- [A New Focus](#)
- [Infinite Possibilities](#)

All cards can be viewed and ordered at:

[Songs For Your Spirit](#)

Your participants will need to be open to self-discovery and have something to write on.

The intention for each participant in this experience is:

- Brief review personal strengths and gifts, skills and talents, habits from workshop #1
- Greater understanding of how these personal qualities impact success in life and their chosen next step
- Some clarity of vision for what life holds *after* their next big step, intended to raise their energy level for taking responsibility for their lives.

OUTLINE:

1. **WHAT'S NEXT FOR YOU:** Raise your hand if you think your next step is:
 - a. College?
 - b. Tech School?
 - c. Gap Year?
 - d. Job?
 - e. I don't have a clue!
2. **JOURNAL:** However you answered that, write down as much detail as you are aware of now. What school? What major? What kind of job? What will you do in your gap year? What is your reason for this next step?
3. **ASSERT:**
 - a. Personal Responsibility for this life – role parents have had to-date will shift. YOU must be in charge of YOU, your actions, your effort. Only you can bring your positive qualities (workshop #1) into your actions.
 - b. Happiness and success are a great match – “If your life’s work is something you love, you’ll never work a day in your life” – Finding the balance, the sweet spot, where responsibility, adulthood, creativity and passion merge can be a challenge! A very worthwhile one, though! And it is an ongoing task of life.

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4. **VISION:** (*pass out the collages*) Because it can be hard to see past “now” ... let’s vision forward. We’re going to imagine 2-5-10 years down the road. For starters, look at the collages in front of you. Let the notion of possibility and fresh, new focus guide our time together.

I am going to take you through a guided meditation to *the other side* – what it will be like when this question, **What’s Next For You?**, has been achieved.

Here is a sample meditation for you to read slowly, allowing everyone the time to sink into the experience. Use or not!

PREFACE TO MEDITATION: For the next 10 minutes or so, we are going to journey quietly into the future and explore the impact on your life when you have answered the question, What’s next? and lived into the fulfillment of your dream.

BEGIN GUIDED MEDITATION {read slowly, pausing often, breathing with them}

Get comfortable, clear your laps, breathe ... imagine the breath filling you head to toe on inhale. As you exhale, imagine releasing tension, clearing old thoughts and beliefs which will not serve you on this journey, which aren’t positive or supportive like “I can’t ... I am not good enough ... I won’t be supported ... I don’t have the money ...” Take three to five deep breaths in and out on your own, blowing away limitation.

Bring to mind your best guess as to what is next for you – gap, job, college. If you don’t know, then imagine your life as an adult, beyond this not knowing. Do you imagine raising a family? Working full-time? Being creative? Traveling? Got it?

Now, imagine what your life will be like as an adult, in your job living your adult “life” – in other words, beyond this “What’s next?” phase. Imagine your dream realized, your life as it will be *on the other side*. No need to wonder how you’ll get there ... just be with “done, complete, realized, success.” (*pause several minutes*)

(pause after each question; restate the question in your own words as desired)

What does it feel like to be here?

What thoughts and beliefs no longer hold you back?

What new thoughts and beliefs are present?

What relationships with people, things and activities have shifted?

Who is important to you now?

What do you enjoy doing now?

Fully relish being *on the other side*, having realized your dream, your vision. Breathe into this place, allowing your body, mind, spirit and emotion to sense what it feels like here.

Ever so gently, slowly, begin to return to this place and time. Become aware of your breath, your heartbeat, the chair on which you sit. Wiggle your fingers and your toes. Stretch. Stand if you want and really move. When you are ready, open your eyes.

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5. **JOURNAL:** Write down anything you remember about the person you were as your future self. What talents and skills did you possess? How did you treat yourself and the people around you? What did you believe about you? What inspired you?
6. **PARTNER DEBRIEF:** Partner up with one other person. Taking turns, each partner will:
 - a. Tell your partner about your vision, what you see in your future, who you want to be
 - b. Brainstorm with your partner what skills, talents, qualities they think you'll need if you are to succeed
7. **TAKE HOME:** Each of you, when you leave high school, will enter a new phase that will prepare you for the next. Life is a series of phases. Ideally we never stop learning. As a next step in our work together, spend some time with these take home options:
 - a. Write: What will you learn about yourself in the next phase?
 - b. Write: What will make your time in college or the gap year or your first job most beneficial?
 - c. Write: What skills, talents, personal values do you need to expand on during this time in order to be ready for that vision you saw?
 - d. Use the collages, answer the questions, learn something more about you
 - e. Write a letter from your future self. For example: "Dear Me ... I am now 25 years old and 100% successful in my life. I am experiencing ... at my job. When I am with my family, we ... I care for myself in these ways ... For fun, I ..."
 - f. Write a letter from your 90 year old self. For example: "Dear Younger Me ... When I was your age, I thought that the most important things in life were ... I have lived through many joys and challenges since then. Many people have come and gone in my life. I have changed. What I want you to know now is ..."