



Personal Vision.

Our dreams help to determine what we become. A compelling and meaningful vision provides us with the optimism, strength, energy and efficacy we need to move confidently toward the future. By thinking about what is possible, we experience hope and release a multitude of positive emotions. These positive emotions create energy for our actions and catalyse positive self-perpetuating sequences that feel good and are essential for everlasting change.

Engaging the Positive Emotional Attractor that includes hope requires a complex set of physiological, emotional, cognitive, perceptual and behaviour responses. These responses support a process of sustainable change by increasing our capacity for emotional flexibility, improving our neurological functioning, and increasing our sense of psychological well-being. Engaging the Positive Emotional Attractor also counterbalances the effects of power stress, thereby supporting our physical and psychological health.

So, a personal vision can spark and help sustain personal change. Indeed, many world-class athletes use visualisation techniques and positive thought to bring about their victories and reach their best performance. We can apply visualisation to cultivate hope in our lives and to begin to realise our dreams. A personal vision

EXERCISE: VISION

Having a personally inspiring vision helps you to see how you can make a positive contribution to the world. What makes the world a better place for your being with us? The answer is probably linked to your sense of calling, mission, or purpose in life. As a way to craft your personal vision, it helps to start by reflecting on your noble, highest purpose in life.

This vision for your desired life will serve as your starting point for a learning plan. As you write your Personal Vision, you will probably find inspiration, energy, optimism and a compelling path to your future.

Although the essay will take many forms, start with a brief statement and overview of what you want in your future. This might be one of two paragraphs. It should

trigger a sense of emotional renewal and helps guide our decisions and actions. The key is that the vision should evoke in your mind a specific, clear picture of the future - one that you find inspiring and feasible. A sense of purpose or meaning in your life and work often naturally follows from such images.

A personal vision is the deepest expression of what we want in life. It is a description of our preferred future. In this sense, our personal vision should describe not only what we want out of work and life but also what kind of person we want to be. Our personal vision is a description of the future we dream about rather than a forecast of what we think is likely in the future.

Our personal vision gives a clear picture of our Ideal Self: our noble purpose in life, our dreams and dreams and images of a desired future, our passion and our calling. This ideal is supported by aspects of our core identity, our life and career stage - these define who we are. It is also supported by our belief that we can actually have an impact on our lives and the world around us. The combination of self-efficacy and an optimistic vision of a feasible future spark hope.

incorporate enough specificity for a reader to know what you desire and hope for considering all aspects of your life that are important to you. To be most useful to you, the complete essay should be an at least one or two page in length.

Extend the vision for as long as you wish. It could be five to seven years, 10 to 15 years or 25 years from now. Using your reflections in the previous exercises, explain the elements of this dream of the future, making sure to cover topics such as these: what would be my ideal life and work be in the period I'm thinking about? What will I be doing then? Where will I be? Who will be with me? What will my work and life be like? What or who will I be? Make sure you cover your physical health, family, friends, community, society and spiritual life.

