

Creating Your Personal Vision



Many of us will begin the New Year making resolutions. We write them down, tell our friends and family and tell ourselves, "this year we will make it!"

Then comes New Year's again, one year later, and we find we're writing down many of the same resolutions we wrote the previous year. We may have made a few changes, but real change is extremely difficult.

Maybe you want to plant a garden, watch less TV, or learn to play the piano. Planting a garden is work. Watching TV is a difficult habit to break. And learning to play the piano could take years. So, what is the incentive? This is where the idea of creating a vision comes in.

A vision is a clear picture of the future. In order to gather the energy necessary to plant a garden, a clear vision of the end product must be staked out. Watching less TV becomes more exciting when a vision has been created for the time usually spent in front of the TV. Practicing the piano is less of a chore when we envision playing beautiful music for ourselves, our friends and family.

For this purpose, try this fun visions workshop with your family for a New Year's activity.

You will need:

Old magazines, scissors, paper, and glue sticks

1. Talk with the family about goals, resolutions and visions.
2. Ask them to write down some resolutions or goals they have been considering.
3. Now have them open the magazines and begin cutting pictures that represent the results of achieving the goals or resolutions
4. The pictures can then be pasted to the paper using glue sticks.
5. Have each family hold up his or her collage and explain the vision to the family.
6. Hang the pictures in a prominent place where the family members will see them often and encourage one another.

Creating a concrete vision will give us something solid to look forward to as we work hard to make important changes throughout the coming year.

Good Luck and Best Wishes for the New Year!

May all your visions come true

