

A Facilitator's Guide | 2020

# MAPPING YOUR VISION



Personal Leadership

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# Mapping Your Vision

## Overview

This session is a follow-up to the *Crafting and Living a Vision* facilitation. It continues the process of supporting and extending the participants' Personal Leadership visions into the fullness of their lives.

The activity is intended to assist participants to examine the degree to which their lives are aligned with their visions, and to explore ways in which their visions can help them discern right action.

When they discover areas in which their visions and their lives are misaligned, participants then have the opportunity to consider making changes—to what they are doing, to the way they are doing it, or to their visions.

## Objectives

As a result of the activity outlined in the following pages, participants will be able to:

- Assess the alignment of significant events, relationships and situations in their lives with the core qualities in their PL visions.
- Ask themselves why and how they manifest more of their highest-and-best qualities in some significant events, relationships and situations than in others.
- Ask themselves how they can bring more of their visions' qualities into the significant events, relationships and situations in which they see the qualities lacking.
- Create an action plan for incorporating and adopting behaviors and attitudes that will bring more of their visions' qualities into their lives.
- Create and sustain an enlivened sense of vitality from the PL vision with which they came to this session.

## Appropriate Audience

If your participants have crafted a PL vision, this session is appropriate for them.



## Level of Challenge to Participants

The challenge for participants arises because, ideally, they must become very honest with themselves. Some may not actually wish to know what this activity invites them to discover, or where then to take action. Each person will find their own level of comfort with what these activities offer.

## Level of Challenge to Facilitators

The challenge to facilitators is to offer this opportunity in a way that creates safety.

- You need be aware of and attend to participants who are getting pushed or even triggered by what they discover.
- It is always critical that when you invite people to share their findings and plans, you emphasize that they are to monitor their level of comfort, and share only what feels appropriate to them to share.

## Time Required

45 minutes to 1 hour

## Materials Required for the Activity

- Your own vision map pre-drawn on a flip chart, either already completed or ready to be completed in front of the group
- Writing paper
- Pens or pencils
- A blank flip chart paper for each participant
- Colored markers in abundance
- Prepared flip chart (prepared by you) with the following questions, which participants will use when reviewing the maps they have made:
  - Which events, relationships or situations seem to be the most aligned?
  - Which seem to be least aligned?

