

# Instructions Future Vision



1. Find a relaxing position, close your eyes or look at the floor for 5 min and follow the instructions below. We are going to start a guided daydream to help you envision a **positive future** for this area.
2. Imagine that you are in a pleasant place where you feel very comfortable, peaceful and hopeful (in the beach, in a garden, by a stream, in the mountains).
3. Picture yourself there contemplating your future in 5 years' time.

## Facilities:

Think of this space and its facilities.

1. What does it look like inside and out?
2. What sounds do you hear?
3. What sort of things or amenities does it have that makes you consider this place special?

## People:

1. How are the people walking around?
2. What do they look like? What age do they have?
3. How do they appear to be feeling?
4. What are they doing?



## Community:

1. What's the feedback you get from people about this space when it is like you have dreamed of?
2. What do they say and do that helps build an outstanding culture and pride?

Now, write down or **draw** how you envision this area to be in the future (5 years).