



Visualising the Future Script

Find a comfortable position. Close your eyes gently, and inhale deeply. Hold for a moment. Then, slowly exhale, letting go of any tension or distractions.

Picture yourself stepping into the future that you've envisioned — a world shaped by the ideas you have written down.

As you continue to breathe deeply, imagine the following:

- Visualise the physical world around you. How has it transformed? Are there any changes in the environment, technology and society? Consider the positive developments that have occurred. Are there new solutions that have been implemented?
- Look at the people around you. Observe the individuals who inhabit this future world. What are they like? Notice their behaviors, attitudes and interactions. Are they more collaborative, compassionate, creative? How have these people contributed to the changes in society?
- What does it feel like? Tap into the emotions and sensations that you feel, living in this future. Is it a place of peace, innovation, justice and sustainability? What does that feel like? Feel the atmosphere and notice any emotions it evokes within you. Are you feeling hopeful, excited, calm or another emotion?

You are living that future right now. But how was this future reached?

- Reflect on the journey from the present time all the way to your envisioned future. What steps have been taken to reach this point? Consider the pathways that have led to this transformation. What strategies were employed to bring about change?
- As you continue to envision this future, think about the actions and developments needed to turn your vision into reality, starting today. Reflect on these guiding questions:
 - What would we need to develop? Identify the key elements, skills or ideas that must be nurtured to move closer to your vision. Are there innovations or programmes that need to be implemented? What role do individuals, communities and institutions play in accomplishing this?
 - What would we need to lose? Consider the obstacles, mindsets or practices that must be left behind to achieve your envisioned future. Are



there outdated systems or beliefs that need to be challenged and changed? How can society collectively work to overcome these barriers?

- What actions can you take? Imagine yourself as an active participant in creating this future. What personal actions or commitments can you make today to contribute to this vision? Reflect on how your choices and efforts can align with the broader goals you have imagined.

As we come to the end of this visualisation, begin to bring your attention back to the present moment. With your eyes still closed, take a few deep breaths and slowly start to move your fingers and toes. When you feel ready, gently open your eyes and return to the room.

Now, take a moment to complete your long-term vision by incorporating any thoughts, images or insights that came to mind during the exercise.