

Vision Workshop Overview Recommendations

We will divide into 2 groups:

- 1) **Written vision board:** bring pen and paper: print off or draw a vision wheel from the template provided (see Page 7 of this document), or invent your own format.
- 2) **Image Vision Board**
 - a) Physical Board: bring poster-board, scissors, glue stick and a stack of magazines with helpful photos that resonate with you.
 - b) Digital Board: come prepared with photos and an app or other method to use them

Overview of the Vision Workshop Questions

1. What is the Vision of my life - a large, abundant direction in which to head?
2. What is your 5-year vision for yourself?
3. If you were to write a lifetime achievement award for yourself, what would it be?
4. Write down or define the important categories for you at this time that might make up your vision. (---> **see right column**)
5. What are the conditions/things in my life that I don't wish to have anymore? What am I willing to let go of (e.g. struggle, unemployment, isolation, negative mindset) to make way for new possibilities?
6. What are the things I want in my life that I haven't allowed myself to have? Am I willing to allow these things into my life now, with the help of HP?
7. What actions(s) am I willing to take to realize my vision. What support am I willing to receive (inside and outside of the DA program) to move in this direction?
8. Are there tools both inside and outside DA that could help me to realize my vision? Tools such as daily check-ins, training, as well as the 12 tools of DA meeting, outreach, doing your numbers, PRGs, sponsorship and service.

Areas of your life to think about: Feel free to add

- Earning (Job, business, finances)
- Recovery (Good-time; Church/Temple/Synagogue/Nature; spirituality; ritual; ceremony; retreat; service; solitude; pause)
- Play (Hobby, recreation)
- Self-care (body, mind, emotional care)
- Creativity (art, writing, dance, theatre, acting, etc.)
- Education (professional development, lifelong learning)
- Home care (indoor, outdoor, de-cluttering)
- Car/vehicle (car, maintenance, purchase)
- Friends/social life
- Dating/Love life
- Family (partner/intimate other, children/grand kids, parents, siblings/extended family/nieces and nephews)
- Community (networks, meetings, events, news - local, national, international)
- Fitness (sports, Gym, Exercise)
- Travel
- Health (fitness, medical care, diet changes, etc.)
- Passion (film, culture, language)

Worksheet

1) What is the vision for my life -- a large, abundant direction in which to head?

In one paragraph, describe your vision:

- ★ Where would you like to be (work-wise, residence-wise, recovery-wise, life-wise, personal relationships-wise)
- ★ How would you like to be (e.g., more playful, full of laughter, engaged, busy, serene)
- ★ What would you like to be doing at this time next year?

2) What is your 5-year vision for yourself?

3) If you were to write a lifetime achievement award for yourself, what would it be?

4) Write down or define the important categories for you at this time that might make up your vision. (See categories on page 6 as possibilities to get you thinking)

5) What are the conditions/things in my life that I don't wish to have anymore? What am I willing to let go of (e.g., struggle, unemployment, isolation, negative mindset) to make way for new possibilities?

6) What are the things I want in my life that I haven't allowed myself to have? Am I willing to allow these things into my life now?

7) What action(s) am I willing to take to realize my vision. What support am I willing to receive (inside and outside of program) to move in this direction?

8) Are there tools both inside and outside DA that could help me to realize my vision?
Tools: daily check-ins, accountability partners, mentors, additional education or training, as well as the 12 tools of DA meetings, outreach, doing your numbers, PRG's, sponsorship and service.

Vision Wheel Categories

Earning (job, business, finances)

Recovery (God-time; Church/Temple/Synagogue/nature; spirituality; ritual/ceremony; retreat; service; solitude; pause)

Play (hobby, recreation)

Self care (body, mind, emotional care)

Creativity (art, writing, dance, theatre, acting, etc.)

Education (professional development, lifelong learning)

Home care (indoor, outdoor, de-cluttering)

Car/vehicle (care, maintenance, purchase)

Friends/social

Dating/Love life

Family (partner/intimate other, children/grandkids, parents, siblings/extended family/nieces and nephews)

Community (networks, meetings, events, news -- local, national, international) Fitness (sports, gym, exercise)

Travel

Health (fitness, medical care, diet changes, etc.)

Passion (film, culture, language)

Extra categories brainstorm space:

