

ican...
See it

Activity



ican... See it

Creating a meaningful vision

Creating a clear vision for your life can help you shape a future for yourself rather than being influenced by other people.

In developing an exciting and compelling vision, first be honest about what you truly value and see as important. Secondly ensure your vision has realism, variety, detail and alternatives. Thirdly, keep re-evaluating your vision as it may evolve and change over time based on maturity and experiences.

What you prioritise on the early days of the Week of your Life (Ref: Welcome Section) may change by the weekend. Leaving things to chance can mean that you don't fulfil your dreams in life, much like buying a ticket with the slimmest of chances of winning the lottery. To avoid this happening consider choosing priorities for your life from the Lottery Balls shown here. There is even a bonus ball to use that can represent anything you want it to. Circle those that mean the most to you and that you want to have in your life.

Now think again about your future (perhaps 10 years from where you are now) and out of those priorities you have already circled, identify the top six (they can be from any section) and list them in order of importance. Pick the ones that you have either not got at all, or not got enough of now, that will play a big part in helping you to be happy, fulfilled and able to realise your true potential as you go through the week of your life.

Survival



Health



Emotionally well



Money



Secure



Home



Food and water



Recovery



Safe

Confidence



Positive



Confidence



Recognition



Self-esteem



Resilience



Skilled



Identity



Fun

Relationships



Love



Friendship



Family



Community



Understanding



Trust



Belonging



Support

Improvement



Challenge



Learning



Realising potential



Enthusiasm



Achievement



Courage



Creativity



Determination

Purpose



Contentment



Choices



Spirituality



Be myself



Meaning



Focus



Resourceful



Passion

Time



Care



Freedom



Contribution



Global citizen



Sharing



Willing



Service



Bonus ball

Your next chapter

As you begin to consider the rest of the week of your life you are about to start a new chapter, so what do you want the SCRIPT of your next chapter to be? (Survival, Confidence, Relationships, Improvement, Purpose, Time).

Realising our full potential relies on us first having the basic foundations of life to survive, we can then begin to grow in confidence and develop our relationships. Continuing to improve can lead to a greater sense of purpose and the opportunity to create time to make a difference using our unique combination of skills and talents. Using the colour coding below can help you to identify where your priorities lie in your future script.

S	Survival Building the foundations for my life	Health, Emotionally Well, Money, Secure, Home, Food And Water, Recovery, Safe
C	Confidence Developing belief in myself	Positive, Confidence, Recognition, Self-Esteem, Resilience, Skilled, Identity, Fun
R	Relationships Connecting with others	Love, Friendship, Family, Community, Understanding, Trust, Belonging, Support
I	Improvement Growing personal potential	Challenge, Learning, Realising Potential, Enthusiasm, Achievement, Courage, Creativity, Determination
P	Purpose Finding meaning in my life	Contentment, Choices, Spirituality, Be Myself, Meaning, Focus, Resourceful, Passion
T	Time Giving time and talents to others	Care, Freedom, Contribution, Global Citizen, Sharing, Willing, Service, Bonus Ball

Make a note of the six lottery balls you have chosen in the 'See It' section of your iCan poster (Welcome resources).

By each highlight:

Why is this a priority for you?

What this priority will look like when you have got it?

How can you make this priority happen?

Vision without
action is merely
a dream. Action
without vision just
passes the time.
Vision with action
can change
the world.

Joel A Barker – Author