

## Creating a Vision of the Future

Co-creating a vision of the future is not easy but it is the first step in the process. Asking participants what they think their community will be like in 3-5 years if everything went right is important; positive and desirable phrases. This should be an ambitious view of the future, not based on current realities (or identified barriers) but a dream state. Focus on the positive.

### Visualization

Close your eyes. We will use a visualization to help think about a new future.

Think of a place that makes you feel happy, calm and peaceful. Sit back and feel your back against the chair. Feel your feet on the floor. Your arms are relaxed. Focus on your breath and without effort, take a deep inhale – breath in and breath out. Keep your eyes closed.

Imagine that you are inside your home sitting in your most comfortable spot. It could be your favorite lounge chair or your most comfortable sofa. You can feel the sun streaming through the window and it warms your skin. You can feel the warmth of the sun on your face.

In your hands, is your favorite hot drink (be it coffee, tea or hot chocolate with marshmallows). Inhale. Slowly exhale.

Outside your window you see the birds flying about. You hear them chirping. You see children running as they play and laugh together. You smile at the sight.

Beyond in the fields, you see animals grazing. You get up and open the door. It is X years from now . Your community has been revived! What gives meaning to the community? What's new in your community? It is a whole new place where community regularly come together. What is it you see? Is it that you have a newly built Longhouse that also happens to have a recreation center attached? The youth are becoming coaches and mentors to the younger ones. The Elders are sharing their knowledge.

- What else do you see in your community as it is coming back to life? What do you hear? What does a safe (NAME the COMMUNITY) look like?
- What are you most proud of in your community? How can you contribute to its wellness?
- What energizes and sustains the community when times are tough?
- When your community faces hard times, what values bring the community back on course?
- What do you want your community to be known for?
- What do you want most to realize for your community in terms of safety?
- How do you celebrate “What’s Right with Community Name?” What are you celebrating?
- What are the new possibilities you see?
- What do you believe you can achieve? Can you See it?

**Take this VISION and expand upon it. Write it. Draw it. Open your eyes. Take a deep breath.**

- **Ask:** What key pictures, thoughts and ideas come to mind? Capture these images on your template. [This is a quiet reflection process and everyone should be provided plenty of time to capture their ideas. Once the ideas start to slow down walk people through what you heard, reviewing the key ideas that you have noted on the PATH]
- **Ask:** Is this everything? Have you missed something? [Encourage participants to step right up to the page and explore what is up there, asking them to add if they want/need];
- **Ask:** What image would capture this conversation about Community Safety? Is there a single unifying theme or ideas? How should this be represented? What pictures and words should appear? What colours?

Notes: Ask participants to start sharing their vision of the future, capturing key ideas on a flip chart page, in words and pictures. Allow conversation to flow but do not allow anyone to suggest that another idea is “stupid” or “will never happen” – this is a dream state and in this situation, suspend disbelief and allow anything to be possible.

- If there is an artist in the group, or an artist has been asked to join for this section, give them some time to capture what has been discussed