

## Visionary Thinking Worksheet

### **A. Purposeful Thinking Activity**

List five primary purposes (desired outcomes). These could include things like losing ten pounds, writing a novel, going back to school, securing better employment, or anything else. Then list the secondary purposes for wanting each primary purpose (earn extra income, more fulfilling career, etc.).

Primary Purpose	Secondary Purpose(s)	Potential (1-5)	Possibility (1-5)	Score (2-10)

Choose the primary purpose with the highest score, or the one you want to work on today.

### **B. Picture Thinking Activity**

Multisensory imagination – Imagine in your mind’s eye your primary and secondary purpose(s).

What does it look like?

What does it sound like?

What does it feel like?

What does it smell like?

What does it taste like?

Transcription – Write and/or draw a representation of your primary purpose and secondary purposes.

**C. Potential Thinking Activity**

List all the good things that could conceivably happen flowing from your primary purpose? Think big!

**D. Possibility Thinking Activity**

<u>Follow the Model</u> – If your primary purpose has been done by yourself or someone else	<u>Constraint Busting</u> - If your primary purpose has never been done, or there is no good model
Who has done what you want to do?	What constraints are keeping you from your primary purpose? (If you don't know what the constraints are, how can you find out?)
Who else?	Why are these constraints?
How did they do it?	What resources could help overcome them?
How could you do it?	How can you use resources to overcome the constraints?