

PURPOSE

Vision Scripts are personally written stories that immerse you as the main character.

Each story is a visionary scene playing out in the mind, presented in written form.

Short stories, episodes or brief pieces: they can become deeply engaging experiences for personal development.

These writings empower you to explore what you envision, from multiple perspectives. This is a skill to cultivate wisdom.

The scripts can enhance focus and motivation to become, and experience, what you write.

Re-read and reflected on, with future action taken, stories become true visions to embody.

METHOD

Vision Scripts are encouraged to keep private. If shared, only with trusted people. The art of silence is powerful for accumulating spiritual strength when the experience is guarded from criticism, infiltrated by other's mental influence.

Once ready, apply a mindful method to induce calm. Settle into your space. Close eyes, breathe. Imagine your scene / story. Open eyes, begin.

Example prompts to start:

Describe a day in your life. How does it look?

What's your experience when resting, relaxing, traveling, exploring something new?

Who are the people in your life: past, present, future? Envision scenes with them.

What are the important moments in your life? Recreate the scenes.

Create your ideal career path. How do you prepare for your day?

OPTIONAL TOOLS

Document / Paper / Writing Instrument /
Images / Scrapbook / Music / Meditation
/ Breath Work / Imagination Exercises

