Note to instructor: take it slow, don’t rush (give people time to envision). If possible, do this with your eyes closed and envision yourself as well. This will help you get the right pace. Make sure to update the highlighted years and months.

* Sit comfortably, put your feet on the ground
* Close your eyes, or if you’re not comfortable with it, just relax your gaze on the ground.
* Feel the weight of your body against the chair, your feet on the ground, gravity holding you in place
* Relax your shoulders. Your neck. Your jaw and face. Relax the space between your eyebrows.
* How does it sound (Pause), how does it smell (Pause), how does it feel (pause), what’s the temperature of the room like on our skin (pause)?
* Then inward: how does your body feel, where is your mind right now? How is your breath? (Pause)
* **I invite you to travel in time.:** We’ll start way back and travel 30 **years into the past to the year 1994**: How old were you then, were you born? What comes to mind when you think of that time? (Pause) Send a wish to your younger self.
* We continue, to **10 years ago, 2014**? How old were you then? What was your life like then? (Pause)
* And how about this time **one year ago, 2023?** What were you focused on? What comes to mind?
* And we move into **yesterday**, how was your day? (Pause)
* Say hi to your **present** self and we’ll move on into
* **tomorrow**: what are your plans? How do you wish the day would go? (Pause)
* Then let’s think **a year from now**: **to 2025**. Imagine that thing we are focused on here today has really taken off, in a way that even you are positively surprised by. What has happened? (Pause)
* Then let’s move on to **2034, ten years from now**. How old will you be then? Imagine that all that you had hoped for this thing to achieve has been realised. What do you see? (Pause)
* And then let’s move **30 years into the future, to 2054** - things look different here. How old will you be? Imagine that the thing you worked on in 2024 in this workshop has had unforeseen ripple effects. What are they? How is the world different because of them? (Pause)
* Just sit with this for a little while, just let your mind wonder.

(Long pause)

* And I ask you to return back to today. Back to **today, 2024**. Land back.
* Return to the room. Listen to the sounds of the room. Feel the air in the room. (Pause)
* And then start to wiggle your fingers and your toes. Stretch. (Pause)
* And at your own time, open your eyes.

(Pause)

* You’ll find a postcard/a piece of paper and markers.
* In silence, draw, write or do something else to represent an image or a vision of something you experienced during this exercise, or something you came here with.
* Once you are ready, join me by our canvas and tape your vision on the canvas.