

# Creating Your Vision for Change

Change requires imagination and vision, yet that kind of creativity can be really hard. We tend to get stuck in reality because it is so powerful and present. Social media and traditional media spotlight current events and difficult circumstances that demand immediate attention. Schools prioritize history over imagining the future. We're taught that change demands we learn from the past and then inch forward step-by-step.

But change doesn't have to be slow and incremental, especially if we allow our imaginations to vision something much better, even if it's brand new and radical.

## Good visioning is a key to creating impactful community change.

Physiology (the body) and neurology (the brain) cannot tell the difference between reality and imagination. Athletes can improve their endurance and skill by imagining practice as well as physically practicing. We can calm our fight/flight/flee response by visualizing a more positive scenario.

Vision also gives shape, meaning, and a powerful umph to the things we want. While problem solving can be useful to resolve an immediate issue, vision forces us to dig more deeply into a world where those problems don't even exist. Goals, too, are important because they create a roadmap for change, yet vision – knowing what that change looks like – is essential.

## DIFFERENT & EQUALLY IMPORTANT

INTENTIONS	GOALS
Creative descriptions of your future experiences.	Things you want to accomplish.
Imperative and the first thing to do.	Extremely helpful and done after intentions are set.
Present tense. Describe them precisely as if they exist right this moment.	Past – present – future tenses. Sequence of activities that build from your past experiences, reflect your present intentions, and move toward a future achievement.
Strongest when expressed as a feeling.	Strongest when SMARTIE (specific, measurable, attainable, relevant, time-based, inclusive, equitable)
Just enough details to ensure it's what you want and gets your desired feeling, but not limiting.	No end to the details you can apply.
Exhilarating and great in the moment.	Feel rewarding overall, even if challenging at any given moment. (In fact, the best goals and actions challenge you just enough to make you sort of nervous and later be cause for celebration.)
Sometimes manifestations sneak up on you (i.e., you don't realize you're exactly where you once intended to be unless you pause and reflect.)	There's a clear moment of achievement – you complete a class, wrap-up a project, get certified, make 10 new contacts, land 3 new clients ... Ideally you celebrate, too!