**Story box visions: Techniques for Life**

**STORY BOX VISIONS/VISION BOARD/TREASURE MAPPING:** Using techniques of creative visualization and affirmations, participants enhance their abilities to reach goals and aspirations. What visions do you have of your life? You may not have a particular vision and or goal at this point in your life. That’s fine but what fantasties do you have? What do you or what would you like to do in your life both work wise and, just for fun? Are they the same, are they different? Do you see limitations or fears? If so, how can you improve your life with affirmations, and other simple techniques? You will be asking yourself lots of questions in this session, will create a story box and vision board, and be introduced to some ways of calling into your life what is right for you.

1. Do all techniques on yourself regularly, modify when necessary, i.e. remove requests when achieved and/or reevaluate, and ask yourself what you experience.
2. Find a cartoon that refers to the power of discovering ourselves and frame it. Show it to the group.
3. When leading a group, ask others what they want in life. Ask some to share if they would like or give examples of visions for life stages and types or categories of desires. Ex: personal growth/education, work/career, relationships, creative self-expression, money, lifestyle/possesions, leisure.travel, health
4. Find a source like a county solid waste management district where you can collect small boxes or magazines free to be reused OR
5. Collect small boxes or ask participants to collect small boxes
6. Save cardboard packaging for a vision board just right for you or ask participants to save a flat piece of cardboard large enough to create a vision board for the individual.
7. Provide scissors, pencils, and pens.
8. READ books such as Creative Visualization by Ameican writer Shakti Gawain. There are many wonderful sources out there. Read a variety and use the techniques that work for you, share those, and share others that may also be effective.
9. Lead participants in a meditation. An example is “Pink Bubble” in Creative Visualization.
10. Provide some serene but stimulating music for people to work as they create their vision boards.
11. If participants cannot find the image they are looking for in a magazine, they can map it, draw it or color it on the vision board. Tell paticipants they may find a better image, on the internet and can print it out at home later on. They can map the board for now. Words or phrases may also be part of a vision board. You can put yourself on the board as well.
12. After discussing affirmations and providing examples, participants create affirmations, write them down and put them in their story box and/vision board. Tell them to also post them in places they will see during the day. More private ones can be put in a special place or kept in their story box. The affirmations support your journey, psyche, and your visions.
13. Ask if anyone would like to share their completed vision boards or affirmations. Tell participants sharing visions is not necessary, and not helpful sometimes. Share selectively.
14. Remind participants to add to their visualizations more completely by finding images, words, and/phrases on the internet, printing it off at home and modifying it when needed.
15. Connect with the techniques a minimum of at least once a week, preferably every day.
16. ENJOY THE FRUITS OF YOUR STORY BOX/VISION BOARD AND RECORD WHAT COMES. Pay attention to your dreams as well as thoughts, words, and images that come during your waking hours. Acknowledge and note them. Journaling can be helpful.

**Enjoy your sacred journey!**