

## Visualisation

Six months after my daughter died, someone asked me where I want to be in 12 months time.

It felt like a shocking question at the time.

I thought, “Wow, ouch, I actually don’t know how to answer that. I know society expects me to know the answer to that question, especially in the line of work I’m in (leadership development).”

I racked my brain for an answer that sounded reasonable, and couldn’t quite believe what came out of my mouth.

“Everyone alive and well? I don’t know.”

This may seem like a small thing, but I had never before had trouble answering that question. It suddenly

occurred to me—my pain, my grief, my current state meant that I was functioning well in the present, but the thing that had really suffered was my sense of hope.

I couldn’t see anything but the present moment, and the awful moments of the past.

It was text book flight or fight, a typical trauma response.

So I decided to actively sit with that question. Just sit with it. I played, I practiced, I journalled, I mind mapped. Finally, that sitting turned into visualising and planning. And I was able to work through the exercise below. Many months later, I was actually able to action my responses.

### **Imagine you are through the fog of the present day.**

Spend some time reflecting on where you personally visualise yourself in the future. Complete this sentence.

In a year from now, I will be...

.....

I will have...

.....

I will see...

.....

I will...

.....

When and only when you feel ready, you can take that further.

Grief and loss can easily stick us in the daily tasks and we lose sight of how to lead our life into the future. If this goal setting exercise is challenging for where you are right now, try to visualise where you want to be and how you want to feel in 12 months time. Even next week is fine—set your own timeframe, one that feels achievable and realistic for you.

My timeframe is: .....

Sit quietly, and imagine your life in .....time.

Ask yourself the following questions to begin to craft your vision for the future:

What will bring you joy when you reach that timeframe?

.....  
.....

What do you want to ensure you are doing more of in.....time?

What would you do if you had unlimited resources of time, money and energy?

.....  
.....

Where are you in ..... time? What does it look, smell, sound like?

.....  
.....

Who is alongside you?

.....

What are you beginning to master? (Small things are best)

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