



Module #1 of 10

UK Extension's
Universe of
Possibilities™

TEACHING OUTLINE—YOUR VISION MAP

THIS IS A BRIEF TEACHING OUTLINE for the eight-page publication *Your Vision Map*, the first of 10 modules in the educational series titled *UK Extension's Universe of Possibilities™: Skills for Creating Happiness and Blessing Others*. The other educational modules in the series are listed on Page 8 of the publication. Before presenting this program, read and thoroughly study *Your Vision Map*.

- ◆ Please present this program in a way that feels good to you and that best meets the unique needs of your group. As time permits, draw from some or all of the suggestions that follow.
- ◆ Start the session by asking group members to stand and take three long, deep, pleasant in-breaths and out-breaths. Follow this by leading participants in a big, slow stretch. Next, smile and, being respectful of the differing capabilities of those present, lead the group in a couple of simple, short, and very gentle physical exercises. Before having them sit down, invite participants to exchange shoulder massages.
- ◆ Encourage participants to share their responses to questions such as: *Can you give an example of an important vision or goal that you have had and then accomplished? Why is it often difficult for us to follow our passions and dreams? What does it cost to bring a vision to life? What does it cost individuals and society when we don't follow our dreams?*

- ◆ Drawing on Pages 2 and 3 of the publication, introduce your group to the Target of Life concept. Explain how staying centered on the Target of Life helps us to be more accepting and loving, to make wiser choices, and to follow our noble urges and dreams for the betterment of society.
- ◆ As an introduction to the concept of a Vision Map, go over the first sections on Page 4. Spend some time with the section "Drawing Your Vision Map," and have each participant prepare his or her own Vision Map.
- ◆ Go over the sections "Share Your Vision With Others" and "Persistence Brings Success" on Page 5. Ask participants to share their vision with the group, but honor those who would prefer not to. Encourage discussion, and emphasize the importance of persistence.
- ◆ Discuss the tips for success on Pages 5 and 6, and ask participants for more tips that they have found useful in creating and defining visions and putting them into action.
- ◆ You'll find other great ways to involve your group in the concluding sections "Questions to Ponder and Discuss" and "Skill Builders."
- ◆ It's important to give the members of your group an opportunity to create small, easy-to-manage personal action plans. Guidelines for doing this can be found on Page 7 under the heading "A New Possibility." It's always a good idea to let participants share their action plans.
- ◆ Be sure to conclude with one or more of the "Positive Thoughts" on Page 7.