

### ACTIVITY: Your Vision Selfie

#### Purpose

- Formulate a vision for a more productive, enjoyable workplace.
- Help team members prioritize work.
- Identify barriers that prevent individuals from achieving the team vision.
- Visualize what an ideal work environment would be and takes steps to achieve it.

#### ESTIMATED TIME

**10** minutes

#### MATERIALS

##### Required:

- A. Pen/paper
- B. Picture Yourself Form

#### Background

Our day to day work can be overwhelming at times and as a result we become more task focused. During those times we tend to lose sight of our overall vision and in turn begin noticing the negative things around us and do not focus on how we can achieve our vision of a happy healthy work environment.

To make a happier healthier work environment individuals must remain focused on what matters most to achieve their visions. This means prioritizing those items and placing emphasis on what matters most.

This activity is designed to help participants visualize themselves participating in activities that lead to a more productive, enjoyable workplace.



### Activity

- 1) Print out several Your Vision Selfie Forms.
- 2) Discuss the importance of recognizing and acting on your vision to become more optimistic.
- 3) Have participants complete the Your Vision Selfie Forms.
- 4) Have participants pair up and discuss their vision or discuss as a group.

### Discussion Questions/ Key Points

- What could you do to realize your vision?
- What obstacles are holding you back?
- What benefits would you experience if you were to realize your vision?
- Who could help you overcome your obstacles?

### Let's Try This!

Find a mentor to help you achieve the vision you created.

Discuss your vision with the people who could help you overcome your obstacles.

### Follow-up

After a month, discuss what progress you have made towards achieving your vision.

- What went well?
- What could be better?



# Vision Selfie

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What things did you do in the past that you don't have time or resources to do today?

Imagine you have all the resources needed to create the ideal work environment. This includes time, energy, people power, etc. What things would you do that you don't have the ability to do today?

What's preventing you from achieving your vision today?

What steps can you take to overcome those barriers?

Who could you talk with to overcome those barriers?