1. Begin with reflecting on an individual purpose for the course. Students spend 10 minutes writing the answers to these questions. Ask them to imagine the best possible outcome for themselves in taking this course. Invite them to accept the possibility of complete realization of this outcome.
   1. What would you like to see as a result in yourself from taking this course?
   2. How are you thinking and behaving differently?
   3. How do you feel?
   4. What will you do or create as a result of taking this course?
   5. How will your friends, family, colleagues, community, and the world benefit?
2. In pairs, share the answers to these questions – 10 minutes.
3. Invite the class to brainstorm a collective purpose, answering each of these questions: - write the answers on a white-board, flip chart, or electronically displayed document:
   1. What is the best possible impact participating in this class can have on students and instructors of this course?
   2. What is the best possible impact participating in this class can have on the community? (Ask for examples)
   3. What is the best possible impact participating in this class can have on the world? (Ask for examples)
   4. How would you feel as a result of these positive impacts?
4. Provide 1-2 example purpose statements for a class:
   1. The Shared Purpose of this class is to expand our conscious awareness so that we develop positive cultures in the community and make the world a better place.
   2. The Shared Purpose of this class is to learn to create conscious cultures so that we make a positive difference in our community and the world.
5. Begin drafting a purpose statement from the brainstorm answers:

The Shared Purpose of this class is to [impact on students and instructors] so that [impact on the community] and [impact on the world].

Try out variations of the statement until the class agrees that everyone can commit to the shared purpose. For each variation, ask, “does everyone agree they commit to this shared purpose?” If not, ask, what would need to be changed so you could commit to this purpose?”

1. Once you have agreed on a shared purpose statement, invite students into a visualization process:

[Script follows[[1]](#endnote-1) – read it with a calm, steady pace, adding pauses where appropriate]

Relax and take a deep breath in, letting relaxation flow throughout your body. As you breathe in, imagine yourself sitting on a beautiful beach of clean sand. The warmth of the sun comforts you to the core of your being. You imagine these rays of solar light bathing every cell in your body with energy and wisdom.

From this place of inner peace, you become present, in your mind, to the fact that you have been transported into the future. You realize that you are standing in a beautiful environment – with your nose pressed against a pristine glass door, so close to it that your breath is steaming up the glass.

As you wipe away the steam, you see on the other side – a scene of celebration in the future. As you watch, the vision becomes clearer. You see the people, hear laughter, music, and your surroundings.

As this happy scene continues, you smile in appreciation. For the dream of our class’s shared purpose is a reality. You have achieved your goals and have enriched the quality of life for you, your classmates, your community, and the world.

And there, above the scene you see illuminated our Shared Purpose statement [*read the statement here*] – and you are filled with gratitude to see how perfectly, how fittingly these words hold the essence of why we are collectively here in this class.

You see this amazing future unfolding on the other side of the glass door, and you feel your feet standing on the floor on your side of the glass door.

You are standing in the “Where I am now,” where you live with everything that’s happening in your life, including your current attitudes and beliefs. Looking through the glass door, you see your potential future on the other side. Where do you want to be?

You grasp the handle and slide the door open. A gentle, warm breeze comes wafting in, and there’s a delicious smell in the air. As you gaze around, you see everything on the other side fully realized, your highest hopes for yourself and the world.

You notice where you are now versus where you want to be. You know that all you need to do to get to the other side is to make the commitment to step into and own your power.

You ask yourself, “Is this what I want? Am I ready to be different and create a different future? Do I commit to this?” Only when the answer is “yes”, do you lift your foot and step through.

After a few moments more of basking in the beauty of our class’s Shared Purpose and of the moment, you return to the peace, serenity, and warm vitality of the clean beach where you started, grateful that you can always step with ease, back into that rejuvenating place of reflection.

And now, gradually bring your awareness back into this room, and back to this class as a community with a Shared Purpose. You feel refreshed, alert, and eager to bring your unique spark of creativity, intuition and expertise to bear in service to the class’s common purpose.

1. Adapted from CEO2 “Future Pacing Visualization” script, part of the Passion & Purpose workshop. <https://www.ceo2.com/> [↑](#endnote-ref-1)