

EXPERIENCE THE FUTURENOW

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*Including additional prompts for preparing and visioning (if required)***

An invitation to imagine and experience the Futurenow.

We invite you to reflect and imagine your vision for the future. It could be expressed as a drawing, photo, painting, audio recording, video, a few short points or a longer written narrative.

Listen to or read the instructions to get a good sense of the process, and then set aside some quiet time to experience it fully.

There are **four steps** to follow to capture your vision: **preparing**, **visioning**, **capturing**, and **sharing**. If you choose, your vision will be published on the Futurenow website. Instructions for this are at the end of the guide. We hope that by sharing our visions we can inspire and work towards the future, now.

Step 1. Preparing

Prepare your space, collect the materials you need, then acknowledge the [Country](#) you are on and the ancestors who have come before you who have also lived on this land.

Stop for a few minutes to ask yourself:

- What do you most love and cherish about our world right now?
- What are you most scared of or worried about our world right now?

**ADDITIONAL TIPS FOR PREPARING

Take the time you need to create the space

- Ensure you have what you need (paper, pens, colourful markers, voice recorder, camera) to get your ideas out through the visioning process.
- Find a nice quiet spot in the house, garden or in nature where you can centre and feel creative.
- Set yourself up with things that bring you into a relaxed state.

Choose a good time

To help you lean into your visioning exercise, decide if you think you'd like to pick a time frame that works for you or do it with no time frame in mind. We've found that some people find it helpful to write their vision from the future for example in 20 years time, others in 15 years and others in 9-10 years from now. Go with what feels like a good fit for you. The exercise will work either way.

Step 2. Visioning

Close your eyes, take a few deep breaths, and imagine you are waking up where you live on a typical day in the world you want for yourself, your loved ones, your community.

Before you open your eyes, what do you hear, what do you feel, touch, smell? What do you sense? What do you see as you open your eyes? As you arise and start walking about the world what form does it take?

The best and highest hopes that you had for the future have all been realised. As you walk further into this new world, think about what a day in your ideal world will be like.

****ADDITIONAL TIPS FOR VISIONING**

You may use the following prompts to help spark your vision (or feel free to ignore if you prefer):

What are people doing?

What activities are people engaged in?

Where are the children, elderly?

What are they wearing?

What are the living arrangements?

How are people interacting with one another?

How do people get the material resources they need (e.g., food, water, clothing, shelter)

What are the economic priorities?

What does leadership look like?

Who has the power to make things happen?

How are decisions made?
What values are being demonstrated through the way people think, be and do?
Where is life around you?
How are people in relationships with each other?
How are people in relationship with other life?
What technology is there?
What buildings are there and how are places organised?
What transport is used?
What does work look like?
What does recreation look like?
How are people's health and wellbeing?
How do you feel about the work you have done until now?
The health of the planet. Where is it at?
What is the news of the day?

Step 3.

Capturing & developing your vision

Capture

To capture your vision, draw, write, speak, or do whatever feels most natural. The idea is to spend approximately 30 minutes getting your vision out. Don't think too hard, just let it flow... Capture everything that you sense, see, hear, feel and smell.

Develop

Take some time to develop your vision. What stands out to you? What parts of your vision are you most excited by? What parts of your vision do you want to share? Invite us into this world.

Here are some different ways you may choose to develop your vision:

- Write a few dot points or a brief description (approx 50 words)
 - Write a longer narrative piece (300-500 words)
 - Make an audio or video recording (2-4 mins)
 - Draw or paint your vision (with or without a written accompaniment)
 - Take a photograph that describes your vision
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Step 4.

Sharing your vision

Now that you have captured your vision, sit with it for a little bit of time, refine it. Once you are happy to have it shared on the Futurenow website send it through to visions@thefuturenowproject.com

Don't forget to include a photo of yourself; portrait not landscape or square works best, and at a minimum 600 pixels in height.

Please send via Wetransfer if large file.

Invite your friends

The more people who get to experience this, the better. We really hope you enjoyed the experience, can you think of other people you know, friends, colleagues, family, who might also enjoy it?

Invite them to thefuturenowproject.com

Interested in forming a group visioning experience?

We are working on releasing a guide to help groups do this as a shared experience, either virtual or in person. You might have a school, community, business, a bunch of friends, or any other kind of group in mind. Register your interest by sending us an email at hello@thefuturenowproject.com and we'll get back to you as soon as they're ready.

Support the project

We think everyone deserves to be able to experience the Futurenow, consider helping this project grow with a donation to pay it forward.

**Proceeds will help pay for the website development and [1% pays the rent](#)*

Feedback?

We'd love to know how you found the experience, what you enjoyed, what you think we could improve upon. Please email hello@thefuturenowproject.com if you have any questions or feedback.

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