



www.thebtscenter.org

leadershipcommons@thebtscenter.org

Creating Your Story of Tomorrow: Imagining & Enacting the Future We Want

A workshop about building imaginative capacity while building the world we need in challenging times.

Facilitator's Guide

This workshop is designed for groups, but an individual can complete it on their own. The workshop is structured around four prompts that will help participants stretch their imaginations and create their story of tomorrow. Through meditation, reflection, and imagination, we can map a path for change.

Learning Goals and Objectives

- To take the time to notice the world around us through meditation, reflection and mark making
- To identify ways in which we each have the capacity and creativity to enact change
- To let our imaginations loose for a while and see opportunity in challenges
- To understand how we confine our imaginations and to break from that confinement
- To identify concrete steps towards change

The video portion of the workshop is 28 minutes long. We estimate that the workshop will take between 90 minutes and two hours to complete. You may want to provide extra time for breaks and for more sharing.

Along with the prompts, workshop host Eve Mosher and BTS Center affiliates will share their examples of their responses to the prompts. You will also be invited to pause the video to give participants time to reflect and share individually, with the whole group, or in smaller groups.

Participants will need materials for making marks – paper, recycled cardboard and pen, pencil, crayons, or anything close to hand or comfortable for making those marks.

"Imagination is everything. It is the preview of life's coming attractions."
– Albert Einstein

"The possible has been tried and failed. Now it's time to try the impossible."
– Sun Ra

Workshop Outline

1. Introduction

- a. A Quick introduction to Eve & workshop
- b. Where are we and where do we go from here?
- c. How do we get there?

2. That Well Worn Path

- a. Meditation walk on a known path
- b. PROMPT 1: *Record your path with mark making materials*
- c. Modeling by BTS Center affiliates
- d. Pause video to do individual recording
- e. Optional: share your paths within the group

3. The Impossible

- a. TED talk: *On Impossible?*
- b. PROMPT 2: *Identify your site of possibility and imagine the impossible*
- c. Modeling by BTS Center affiliates
- d. Pause video and share in your group, your site, and your impossible ideas

4. The Possible & What's Next?

- a. PROMPT 3: *Uncover your seed of possible in the impossible*
- b. PROMPT 4: *State the first 1-2 steps towards the more possible idea*
- c. Pause video and break into small groups to identify your seeds of possible and determine first steps
- d. Optional: Share with the larger group to identify shared resources
- e. Optional: Discuss the power of collaboration

5. Sharing and Closing

- a. Within the next week, please share your idea for the site of possibility:
 - i. Tell it to a friend or family member.
 - ii. Write about it in a blog, social media post, or newsletter.
 - iii. Include it in a sermon.
 - iv. Write an op/ed about the change you imagine in your community.
 - v. Record a video telling us about your ideas, so we can share it with others in the Leadership Commons.

List of Prompts, Notes & Optional Additional Activities

Note to facilitators: After Eve's discussion on our collective path forward, you can pause the video to discuss climate impacts and concepts of regenerative culture. Invite participants to discuss what they have witnessed in their own communities in relation to the changing climate, and what they have also seen that are seeds of hope and change. [NOAA Climate Change Impacts](#) offers a resource for climate impacts.

PROMPT 1: Record your path with mark making materials

PROMPT 2: Identify your site of possibility and imagine the impossible

Note to facilitators: Remind your participants that common sense rules, physics, and time don't apply. Please feel free to share ideas that relate to your group, and you are encouraged to share your ideas as a big group as well. Encourage participants to borrow from each other, re-mix ideas, and change their ideas if they want before moving on. It is also fun to have a few different ideas from which to choose in the next step.

PROMPT 3: *Uncover your seed of possible in the impossible*

Note to facilitators: This might require your assistance in defining the seed with the impossible idea. Feel free to open this up to brainstorming with the larger group (time permitting) or do rounds yourself with ideas and encouragement.

Optional: Listen to and discuss the podcast, "[What if we redesigned the operating system of our entire civilization?](#)"

PROMPT 4: *State the first 1-2 steps towards the more possible idea*

Note to facilitators: It can be really useful to share the seeds of possible ideas and first steps with the larger group as others in the group may have resources and ideas to help propel this idea forward. Additionally, you can discuss as a group the "[myth of the solitary genius](#)" and the value of collaboration.

Sharing Your Insights after the Workshop is Over

Sharing your discoveries and visions are important steps towards making them a reality. Within the next week, please share your ideas and steps, as well as your experience in this workshop in one (or more) of the following ways.

- Tell it to a friend or family member.

- Write about it in a blog, social media post, or newsletter.
- Include it in a sermon.
- Write an op/ed about the change you imagine in your community.
- Record a video telling us about your ideas, so we can share it with others in the Leadership Commons.
 - Write a story or poem about your future life.
 - Draw a picture or create a collage that captures this future scenario.

NOTE to facilitators: We would love to get feedback from the participants and from you as workshop facilitator. Please fill out the facilitator feedback form, and share the participant feedback from with all of the participants.

- Participant Feedback Form: [Form Assembly link TBD]
- Facilitator Feedback Form: [Form Assembly link TBD]

Additional resources

- [What is Climate Grief?](#)
- [10 Reasons Why Drawing Is Good For You](#)
- Tyson Younkaporta, [Compassionate Communities podcast](#)
- [Playlist from RSA on regenerative futures](#), including:
 - [Indigenous Knowledge: the wisdom of deep listening](#)
 - [The Future We Choose](#)
- [Rob Hopkins, From What If to What Next](#), [book](#), and [podcast](#) especially:
 - [What if we built an imagination infrastructure?](#)
 - [What if indigenous wisdom could save the world?](#)
 - [What if we lived in a well-being economy?](#)
- [The BTS Center Leadership Commons' resource, Pursuing your Passions in a Climate-Changed World by Peterson Toscano.](#)