



Creating a Vision for the Future

- **Description:** A goal-oriented group that encourages clients to create a vision for their future in recovery, focusing on long-term goals, dreams, and aspirations.

- **Instructions:**

- **Introduction (10 minutes):** Discuss the importance of having a vision for the future in recovery and how setting long-term goals can provide motivation and direction.

- **Vision Board Exercise (40 minutes):** Provide clients with magazines, scissors, glue, and poster boards to create a vision board. Encourage them to include images and words that represent their hopes, dreams, and goals for the future.

- **Group Discussion (20 minutes):** Facilitate a discussion on how the images and words chosen reflect their aspirations. Encourage clients to share their boards and explain the significance of their choices.

- **Goal Setting (20 minutes):** Guide clients in setting actionable steps toward achieving the goals represented on their vision boards. Provide a goal-setting template to help them outline their plans.

- **Reflection (10 minutes):** Discuss the power of visualization in achieving success and how clients can use their vision boards as a source of inspiration and motivation.

- **Facilitator Role:** Provide materials and guidance for creating vision boards, support goal setting, and facilitate group discussion.

- **Client Role:** Create a vision board that represents their future goals, share their vision with the group, and set actionable steps to achieve their aspirations.