

Co-Inspiring Exercise

A Guided Journey into Your Field of the Future with Regard to Creative Community Engagement

1. **Sparks:** What is the new that you feel is wanting to be born in your work with respect to creative community engagement?
2. **Looking at your self from outside:** what key challenges and demands is life currently putting in front you with regard to creative community engagement? What is coming at you from *outside* with regard to creative community engagement?
3. **Sources of Frustration:** What aspect of your current work with regard to creative community engagement frustrate you the most?
4. **Sources of Energy:** What are your most vital sources of energy with regard to creative community engagement? What do you love with regard to creative community engagement?
5. **Sources of resistance:** What is holding you back with regard to creative community engagement? Describe 1 or 2 recent situations with regard to creative community engagement where the **Voice of Judgement** might be kicking preventing you to connect with a situation deeper and better.

6. **Helicopter:** Watch yourself from above (as if in a helicopter) when you are thinking about creative community engagement. What are you doing? What are you trying to do in this stage of your professional journey with regard to creative community engagement?

7. **Crystallize:** What it is that you want to create: your vision and intention for the next 3 to 5 years with regard to creative community engagement.

8. **Letting-go:** What would you have to let go of in order to bring your vision (with regard to creative community engagement) into reality? What is the old stuff that must die with regard to creative community engagement?

9. **Seeds:** What in your current life or context provides the seeds for the future that you want to create with regard to creative community engagement? Where do you see your future beginning with regard to creative community engagement?

10. **Action:** If you were to take on the project of bringing your intention into reality with regard to creative community engagement, what practical first steps would you take over the next 3 to 4 days?

Source: adapted from material on the website of The Presencing Institute:
<http://www.presencing.com/tools/coinspiring.shtml>, accessed 6 June 2010