
What is a Vision?

Why is a Vision important?

A vision is a dream - a big 'goal' for the future. It is what we want out of life and what we strive for.



When we work on creating a vision, and put it into words, it helps keep us focused on working toward our 'big picture dream' for the future.

When children are very young, creating a vision is one of the best things you can do for your child as parent. However, when our children get older - pre-teen, teens, young adults or even adults – it is important they work on their own vision with the support of their family, friends.

For people who don't communicate with words, those who know them best, can observe the things they like about life, and what they don't like. This would help establish a vision that over time could be tested and adjusted as the person lives out their life.

Our 'family members' have hopes and goals and dreams just like the rest of us. They want to be participating and contributing citizens. Having a vision assists with exploring opportunities to do that and to keep working toward that vision. It is a great way to help your family member or friend strengthen their decision making, their self-determination and self-advocacy.

When creating a vision, it is not about focusing on what is realistic. This is about what our sons, daughters, sisters, brothers, grandchildren or friends want for their life plan. In the end, there may be something about that vision that the person discovers and embraces later that surprises you.

For example, if a person expresses they want to be a veterinarian, it gets written down. Even if you feel that person would not be able to go to university and become a vet. It doesn't matter – it is the dream. Think about what vets do? They help animals. So down the road it may be that this person will volunteer at a shelter. Maybe they will assist with washing and grooming dogs and cats. They could work in a pet-store part-time, or assist at a horse farm cleaning stalls and grooming horses. They might assist a pet-adoption organization. The options for helping animals are endless. Never say never!

As individuals focus on their vision, every role they take up now, can be looked at through the lens of their vision. They can ask themselves: Will this lead me to my vision or will it lead me to what I don't want in life – my nightmare? Goals can be set. Changes can be made along the way, every small step counts!