

VIGNETTES EXERCISE

Go into a sacred space where you can have a chance to be alone with your pen, paper, and thoughts, then walk through the exercise.

1. Choose Your Future:

- Do you want to imagine a future that aligns with your hopes and desires? Or, will you explore a potential future that concerns you?



2. Focus on a Specific Scene:

- What single moment do you want to capture in your vignette? This could be a personal experience, a societal interaction, or a glimpse into the environment.



3. Engage the Senses:

- Use vivid descriptions to bring your scene to life. What do your characters see, hear, smell, feel, taste? What details create the atmosphere of your future scenario?



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4. Consider the Deeper Meaning:

- While creating your vignette, keep in mind the underlying message you want to convey. What does your chosen scene reveal about the broader themes of your desired or undesired future?

