“Walk In Time”

Shared Vision Exercise - John Guastaferro

Before starting, line partners up shoulder to shoulder; paper and pen in hand; ask them to be prepared to write their feedback silently as a facilitator guides them through the following steps.

1) Have everyone take ONE step forward to signify one year in the future
   Ask: “What does success look like one year from now in your HEAL site?”
   Spark imagery with more questions, such as: Who do you see? What are residents doing? Do you see any impact of your CAP yet? What healthy behaviors do you see - if any? What environmental changes are in progress? What new partners are at the table?

2) Have everyone take another step forward (2 years ahead)
   Continue with guiding questions, such as: What do you see around you now? What are people saying? How is resident leadership being seen? How is behavior shifting? What additional progress is being made? How are obesity trends being impacted, if at all yet? What are your neighbors and colleagues saying regarding the importance of health?

3) Take another step forward (now 3 years ahead)
   Participants continue writing down what success looks like now?
   Ask more with guiding questions, such as: What policies have been enacted? What environmental changes are being sustained? How has personal choice been shifted toward healthy eating and active living? How has the work you started three years ago influencing neighboring communities?

   Have everyone turn back to face where they started.

4) Ask: “What advice would you give to the present-day coalition?”
   Regroup and verbally share. Have a note-taker transcribe the highlights from each year of the “walk in time.” Also record the collective advice from #4 above. Share and discuss.

   One week later: transcribe and share one-page recap with the group.