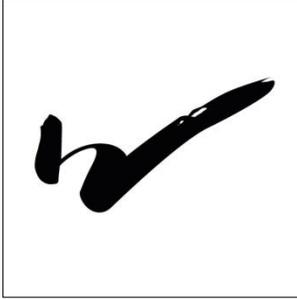




# Pattern Energizer: Visionary



## VISIONARY

The Visionary is the pattern that goes with the flow and is open to new possibility. In leadership, this pattern excels at envisioning the future, setting strategy, imagining new solutions, sensing unmet needs and new opportunities, scanning for possibilities, letting go, and knowing what really matters.

## VISIONARY BREATHING BREAK\*

1. Soften your eyes to 180-degree vision. Invite every sense to open in the same way. Your ears hear all sounds and the space between all sounds. Your skin feels every air current. Every sense is brought immediately to the now.
2. Relax your jaw, letting your mouth drop open. If your jaw feels tight, say “Em-ma-a-a-a” a few times. Allow breath to move in on its own accord, filling your body from the bottom up.
3. When the breath is through filling you, allow it to turn around and flow out through your still slightly opened mouth, endlessly expanding to the furthest reaches of the universe.
4. Now in it comes again from those farthest reaches, effortlessly breathing you, and now out it goes again, without effort or obstruction. With the exhale, invite any tension in your body – in your neck, shoulders, and chest especially – to flow out as well. Let go of whatever you’re carrying.
5. After a few open-mouth breaths this way, close your mouth and breathe a quieter and more invisible. As you breathe in, let the breath be drawn deeply into your core (i.e., lower abdomen, deep muscles along the spine). As you breathe out, connect with that core and imagine sending in infinitely, invisibly out to the world.
6. Take this bigness of the Visionary with you as you leave this exercise.

\*Pattern energizer activity was originally printed in *Move to Greatness: Focusing the Four Essential Energies of a Whole and Balanced Leader* by Ginny Whitelaw and Betsy Wetzig. The FEBI® is a validated psychometric assessment that measures the four energy patterns of personality.

To learn more about the FEBI® visit [www.focusleadership.com](http://www.focusleadership.com) .

