



#SELF-ACADEMY
with Irina Romanenko



УРОК 1. ВИДЕНИЕ

**ТЕМА 1.
ТЕКУЩИЙ
СЦЕНАРИЙ**

Online course Master of Games
Topic 1. Current Scenario
Lesson 1. Vision



Subject

The task of this lesson is to realize and formulate the Vision of your future at the level of knowledge and consciousness that you have at the moment. This will help you to review the “basic sense-games” that people “play” at some stages of their lives.

You can read more about basic human games in the book “Master of the Game” or listen to audio-book on the #SELF-ACADEMY channel (only in Russian).

Basic games

The stages of the life of any person and the basic games at each stage can be represented as follows:

- Adaptation (from 0 to 6 years): adaptation to the world, the ability to survive, the need for security, love, pleasure and entertainment.
- Socialization (from 6 to 18 years old): belonging to a group, stability, social security, desire to be accepted into a group, the ability to obey other people's rules, protecting own borders.
- Personalization (from 18 to 30 years old): going beyond the boundaries of the group, the desire to stand out, awareness of self-importance, the desire for success, power, money, satisfaction of the needs of own Ego, responsibility for own life, own rules and norms.
- Trans-personalization (from 30 to 42 years): going beyond the Ego, awareness of the needs of others, the ability to balance the interests of different people, the experience of management, influence on other, taking responsibility for other people, own ideas and philosophy.
- Mastery (from 42 to 54 years): awareness of own uniqueness and identity, development of ideas and philosophy, transfer of knowledge through students and followers, control and influence through meanings.
- Liberation (from 66+): liberation from attachments, from own ideas, expansion of ideas by students, exit from the game, transferring the work of life to followers, freedom.



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Ages are approximate, but it helps to determine where you are in your life now. The stage you are in and the game you are “playing” at this point in your life will largely determine your current Vision for the future.

Vision

Vision is the formulation of your global, long-term goal at this stage of life (meta-goal). In other words, it is a formulation of your future at point B in a certain period of time.

Vision should be:

- Clearly and concisely formulated (a couple of sentences);
- Inspirational and motivating (you should like it);
- Oriented to the future (for a specific period);
- Contain a long-term meta-goal (become the first, recognized);
- Based on your values and talents (what you love, believe, know how);
- Should refer to the meaning of your activity and to the profession (e.g. industry, market, target audience).

We can say that the Vision is the formulation of your Mission in the future at point B. We will talk about the Mission and the rules for its creation in the next lesson. But as a start, I suggest you use the following form to describe your current Vision:

In *(period)* years, I will become *(meta-goal)* in *(profession)* in *(field, industry)* for clients who *(target audience)* in *(market, environment)*. I aspire to this because *(value)*, *(believe)* and *(love)*.

Video

[Playlist. Theme 1](#)



Assignment

Exercise 1: Formulate the Vision for the moment.

Formulate answers to the questions below:

- Vision: What would you like to achieve in three years?
- Meaning: Why do I need this? Why do you want to achieve this?
- Values: For what values?

Use the form to formulate the Vision in this lesson.

Exercise 2: Testing the Vision.

Sit on a chair, relax, close your eyes, pointing them slightly up above the horizon line, take a few deep, slow breaths. Now imagine that you managed to achieve your plan:

- What do you feel?
- Describe your feelings.

To do:

- 1) Upload the file with answers to assignments on the Facebook. Copy the link to the file in the reply box. In the name of the file, indicate the topic, lesson and your name.
- 2) Describe how you felt when you did the exercises.
- 3) Write what you liked, what can be improved in this lesson.
- 4) Rate the lesson on a scale of 1 to 10.