

The background of the slide features a dynamic, swirling pattern of wavy lines in various shades of pink and purple, radiating from a central point. The lines create a sense of movement and depth, resembling a stylized spiral or a vortex.

Spiralling in New Directions

Using connectedness and movement to **create** a new kind of vision board

New directions require new creative energy

Maria Magdalena Campos-Pons' collaborative piece, *When We Gather*, pays homage to women who've been instrumental in bringing about change in the USA, leading to the election of the country's first woman of colour, Vice President, Kamala Harris.

Justine Ludwig, Executive Director of Creative Time, who presented the film, says, 'Art needs to be an integral part of the strategy around engendering dialogue and inspiring transformative action...*When We Gather* arrives at an inflection point - it is both an invitation to contemplation and a galvanising call to envision and enact a better tomorrow.'

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Within Magda's work lies an invitation to imagine our futures.

Visions and Inspiration

Moving towards a vision is easier when we see our thoughts on paper.

Taking inspiration from Magda's use of circles and spiralling movement, we wanted to re-imagine an everyday tool often used to help people grow their dreams; something from which to draw inspiration:

“The Vision Board”

But **not** the vision board as you know it.

This one is portable. It moves. It spins. It twirls.

It represents the **energy** of the spiral.

We call it an *Intention Wheel*

Because there is energy in the spiral

Spirals are a commonly-found force throughout nature.

They are in the DNA double helix; in the path of draining water; in weather patterns and hurricanes; in galaxies; in vine tendrils; in the seeds of sunflowers; in the way rose petals grow.

The horns of various animals are spiralled; they are the shape of mollusc shells, of the nautilus shell and snail shells. They are in whirlpools, and ferns and algae, and also in phyllotaxis (the way leaves are arranged on a plant stem).

In the cross section of a red cabbage, you will find a spiral.

Look at your fingerprint: another spiral.

Even the shape of the hair sprouting from the crown of your head – it's a spiral.

The spiral is *more* than a shape.

Its form embodies **movement, growth, expansion and energy:**
all prerequisites for change.

So why not put some intentions into action?

On the following pages, you'll find a writing prompt and instructions on how to build your
Intention Wheel



Make a Spiralling intention
wheel with us ✨

HUNDRED⁺
HEROINES_♀

First, spend (at least) 21 minutes free-writing using this prompt:

You can do/be/have anything, without limitations.

What does that mean to you? What does that look like? Describe your life and how it feels. Describe where you are, and the experiences you are having. Describe how your dreams include and affect others.

When you finish, pull out any ideas, thoughts, feelings, experiences that you intend to set in motion in some way.

You'll be writing these onto the strips of paper that will form your **Intention Wheel**. You can also draw any relevant images or symbols, and include colours that represent your visions.

How to Make an Intention Wheel

You'll need:

Colour paper cut into 2cm wide strips (this is where you'll write/draw your intentions)

A bamboo skewer (you can find these in supermarkets)

Two pieces of paper cut into circles the size of a ten pence piece

Double-sided tape/sticky tape or glue.

Assembly:

Before assembling, write your intentions on the strips of paper

Stick one end of the skewer to the centre of one circle of paper.

Glue the ends of your 'intention' strips of paper to the circle so they fan out in different directions.

Take the second circle and make a hole in its centre the same diameter as the skewer, then thread it through the free end of the skewer.

Attach the free end of each strip of paper to the second circle, creating a lantern shape.

Your Intention Wheel is ready to twirl!

Returning and re-turning

Once it's made, don't stop noticing it (as we often do with static boards).

Like the spiral which keeps turning, return to your Intention Wheel

Spin it round; play with it.

Make some plans.

Start taking small steps.

And come back to it again later



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