

Our yearly "Vision Board" or "Dream Board" was inspired by the 3rd step "spiritual quest". Our first third step was our wedding - shared by friends and family to witness our commitment. Since then, we create a new dream at the end of each year as we review our progress and agreements.

Each year we plan on a vacation for the winter holidays... and come back to work after January first. We often travel, as we have no small kids or family events at that time. We do not go out to the "traditional" holiday parties with food and drink, and so we began making the end of year a time for reflecting on our accomplishments and planning for the future. We created a new tradition!

Our first "dream board" was on wrapping paper from a gift we received while in a resort in Cape Cod. We started to list what we wanted to do - in all the aspects of our lives - in the coming year and for the future. As we talked and brainstormed, we created a grid that included the sections of our lives such as: Recovery/Spirituality, Travel/Fun, House projects and improvements, Personal goal/classes/projects and our business we have together. Dreaming together guided us to see the "third way" - bigger than either of us.

It came out so well that we took it home, put it on a piece of cardboard and kept it for the year. We turned it over to our Higher Power and let go of the outcomes. The next year we reviewed it, admired how much had come to pass... realized a few things moved forward to the next year and a couple fell off as not needed/wanted anymore. Things often looked different than we had thought, but mostly better than we had imagined. Then we respectfully release the old one (burn or erase it), and create a new one for the year ahead.

It has been one of our "new" coupleship traditions ever since!
Respectfully submitted by R&D