

Building a Video Vision

A video vision helps you “see” the future you want to create. While you develop the vision, you and your colleagues explore the most important patterns of your work for today and tomorrow. While you build the vision video, you bring together multiple senses to reinforce the patterns you desire. When you watch the vision video every day, you remember why you strive to be your best and do your best. When you share the vision with others, they understand your passion and may feel their own passions ignite.

You can see HSD video visions on the HSD community social networking site <http://hsdcommunity.ning.com/video/video> or on YouTube searching for HSDInstitute.

The process of creating your own video vision is relatively simple.

1. Write your vision poem.
Imagine yourself in the future and look back. What have you seen, done, had, created, discovered that led you to the future your desire. Write strong statements to describe that future.
2. Select pictures.
Explore your own albums, borrow pictures from people you know, or buy pictures from various copyright-free sources. Look for pictures that reflect the essence of each line of your vision poem.
3. Select the music.
Record, buy, or download the music that carries the essence of your vision.
4. Put it all together.
You can use PowerPoint, Windows Movie Maker, or many other computer-based tools that integrate slide shows and music. The Network for Action used OneTrueMedia (<http://www.ontruemedia.com/>). Follow the steps below to put it all together in OneTrueMedia.
 - a. Prepare your poem.
 - b. Use PowerPoint to create your poem slides. Use black background and whatever text font you want. Make one slide for each line of your poem.
 - c. Select SAVE AS and choose .jpg. Save all the slides as .jpg files.
 - d. Go into OneTrueMedia and select CREATE A NEW MONTAGE. You will need to sign on, but the service is free unless you want to create a CD or use lots of space for your vision video.
 - e. Select the filenames from your hard drive for the pictures you want to include and the .jpg's of your poem that you saved above.
 - f. Add more until you are done.
 - g. Click UPLOAD and wait.
 - h. Adjust the pictures and text so that they ZOOM IN and have 5 SECOND DISSOLVE.
 - i. Upload music. You may select from their library at no charge and without copyright concerns or you can upload your own music.
 - j. Arrange the pictures and words in the order you want them to show.
 - k. Upload your video to YouTube or save it as a file to your computer.
5. Enjoy! Watch it every morning and evening to inspire your everyday actions with the view of an extraordinary future.