



The Magic Odyssey

The [Best Possible Self](#) is a Positive Psychology practice of mindfulness focused attention to create a vision of your best possible future. However, we will see, that it might be possible to go way beyond ...

The Best Possible Self practice would start at your current situation and would assume that from now on, everything will develop at it's best. The task would then be to visualize this future and to imagine in detail that you have succeeded at accomplishing your life goals. In a next step you would describe these details and how this future would evolve out of the current conditions ...

Typically, the result of this exercise can be used as a positive affirmation for your own development and growth. Research has shown that it will boost people's positive emotions, happiness levels, optimism, hope, improve coping skills, and elevate positive expectations about the future.

However, this approach might have a problem: Based on our current situation, we might tend to describe our best possible future and self in a very narrow corridor of possibilities, based on our own expectations ... As a result, this might become only a poor vision without a real motivational drive.

Last week, I accidentally learned about a somewhat different approach in the course of a seminar called [Design your \(Work\) Life](#). There, we did a very similar exercise, called Odyssey Planning, but the essential part was to plan for three different odysseys:



- The first one was the best possible self I shortly described above
- The second one should describe an alternative, where the current conditions would no longer be available
- And the third odyssey was, where the magic happened, because it intended to think outside of the box, where everything is possible

And the magic really happened and within 10 minutes I sketched a vision which was so overwhelming that I could not believe it! And when we discussed this third odyssey afterwards in our breakout group, the feedback was outstanding. And, of course, you may combine your best possible self with your magic odyssey ...

>>> Curious? Try out to sketch you magic or crazy odyssey and create a vision you have never dreamt of! Happy to hear about your experiences ...

Joachim, 03.10.2020

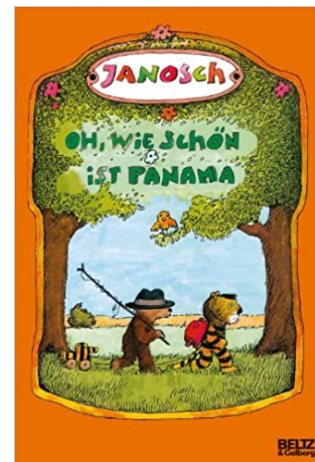


The Magic Odyssey – Part 2 The Quest for Paradise

In part 1 of The Magic Odyssey I described the approach, based on the [Best Possible Self](#) and the [Design your \(Work\) Life](#). In this second part I would like to focus on the result of the magic odyssey which actually was a quest for my paradise ...

In our seminar [Design your \(Work\) Life](#) this 3rd odyssey planning actually happened as a very creative flow and after 10 minutes I had sketched a vision which was really overwhelming to me. And already in our breakout discussion I realized, that it had a close analogy to a very famous childrens book by Janosch, published in 1978 and titled “Oh, wie schön ist Panama” (“The trip to Panama” in the English translation).

This book describes the quest of two friends, the Little Tiger and the Little Bear, which lived happily in their small house close to the river, for the land of their dreams. Due to an empty wooden box Little Bear found in the river, with the name Panama on it and smelling like bananas, they decided to search for Panama. After a long journey and travelling in a circle, what they didn’t realize, they arrived back at their house. However, since it was meanwhile a bit run down they would not recognize it as their old home. And finding a wooden sign with the name Panama on the floor they asumed having found Panama, stayed there and lived a happy life.



My own odyssey planning was to travel the world together with my wife, based on our very good experiences with airbnb. And as already done several times in the past, we would try to do it together with some friends. On these travels we would explore our desires and needs and stay some months or even longer at different places while renting out our house at home. This would be essential since some nice palces where we spent our holidays would not fit for our daily life outside a holiday trip.

*And finally, we would return home with a treasure of impressions and experiences to enjoy
- in our paradise at home!*

This story by Janosch as well as the odyssey I scetched enable a new perspective on the own home and life. And only out of a distance – or after a longer journey – we might realize our paradise at home. And as Janosh himself said in an article with the newspaper Frankfurter Rundschau:

“Everyone has always lived in paradise, just didn't notice”.

>>> What is your vision of your paradise – and when will you start your quest for it?

Joachim, 13.12.2020

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