



*Your Vision  
Board Project*

# Purpose:

- ▶ **Think:** What would you do if nothing was holding you back?
- ▶ **Reflect:** Together, we will reflect on our goals.
- ▶ **Organize:** Ideas and brainstorm with images

# Refresher: *What You Need to Know About Goals?*

- ▶ Your goals are the results you desire.
- ▶ People who set goals accomplish more.
- ▶ Goals are achieved in small, consistent steps.
- ▶ Setting goals and working towards them improves:
  - Focus
  - Time Management
    - Persistence
    - Creativity
    - Teamwork
    - Happiness

# *The Realization Project's Goals Process*

- ▶ Decide what you want
- ▶ Consider your current situation
- ▶ Narrow it down to 3 goals
- ▶ Commit
- ▶ Develop your plan
- ▶ Work it every day
- ▶ Repeat

# Vision Board:

- ▶ *A vision board is a collage of images, pictures, and affirmations of your dreams, goals, and things that make you happy.*
- ▶ *It can also be called a dream board or vision map.*
- ▶ *Creating a vision board can be a useful tool to help you conceptualize your goals and can serve as a source of motivation as you work towards achieving your dreams/ goals.*

# Vision Board Process

## MAPPING YOUR VISION

- Make a list of your **goals** and of what you'd like to accomplish this year/ month/ next year
- You can be as detailed as you want, but really you just want to have a crystal-clear idea of what you want.
- You don't need to write a lengthy description unless it helps you to become more clear

## ACTION PLAN

- Think of images, descriptions, affirmations that will support your goals/ vision

## VISUALIZE

- create a "vision board" to help visualize your goals to ultimately inspire and encourage you to meet your goals!

# Step 1: Mapping Your Visions/ Decide What You Want

- ▶ For this project, you are required to have:
  - ▶ **At least 3 goals**
- ▶ The first step to working towards this project is to “map” your visions



# Step 2: Action Plan

- ▶ Use Empowering Statements!
- ▶ For each of your goals, create a statement of intention that will serve as a caption for each image on your vision board.
- ▶ An example would be “*I will submit my application for social work licensure!*”





# Step 3: Visualize/ Planning & Organizing Your Board

- ▶ Review the magazines on your desk/ workstation and pick out images to create the Vision board.
- ▶ Organize your images out the way you would want the events to happen.
- ▶ Try and cover your whole page with images like a collage. Include 3-4 images for each goal.
- ▶ Keep in mind the action plan.

# Step 4: Create Your Vision

## ► Materials List:

1. **Poster board, corkboard, sketchbook, journal or photo album** – to use as the backdrop of your Vision Board
2. **Variety of magazines** (can be collected from friends, doctor offices, salons and used book stores) – for the most creativity collect a diverse selection of home, travel, health, spa, cooking, yoga, parenting, beauty, fashion, fitness, financial, outdoor and nature magazines
3. **Photo of yourself/ Photos of others** – feeling the way you most want to feel in your life; happy, radiant, joyful, calm, contemplative, content...whatever feels right to you
4. **Scissors**
5. **Glue stick, tape or tacks**

# Step 5: Presenting to the Cohort

**Your Vision and Goals**