Your Vision Board Project

<u>Purpose:</u>

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 <u>the results you desire</u>.
- 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 <u>goals</u> 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

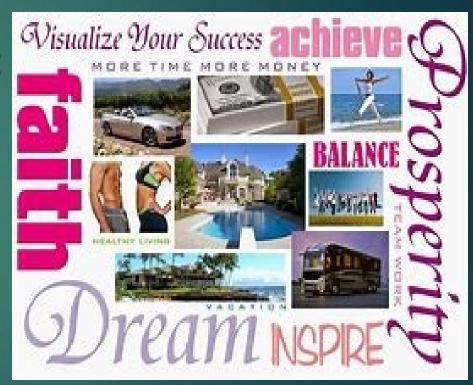
 Think of images, descriptions, affirmations that will support your goals/ vision

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:

- 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