

# CREATE A VISION BOARD

A vision board expresses the vision you have for your life through pictures, images, and words. It's a collage of your goals, dreams, and imagination. Vision boards help you visualize the positive things you want in your life! You'll be amazed at how many good things start to show up, when you focus on them!



## Materials

- Large piece of poster board
- Glue sticks or double sided tape
- Lots of old magazines, catalogues, travel brochures, etc.
- You can also print out words and quotes
- Markers
- Stickers, glitter glue, other decorations (optional)
- Scissors

## Directions

1. Think of some goals you'd like to accomplish, things you'd like to have, and places you want to go. You can also think about words, phrases or quotes that have meaning for you.
2. Go through the magazine and start cutting out images that represent the goals you wrote above, places you want to go, people you want to meet, things you'd like to have, do, or be. Lots of things you never even thought of will get cut out. This is the really fun part!
3. Lay out the images on the poster board before you start gluing. Remember, overlapping is fine. Think about a pleasing design and other decorations (stickers, markers, glitter, etc.)
4. Begin gluing. (White glue will cause magazine images to buckle. Glue sticks tend to work better, but double sided tape is our favorite).
5. Hang your vision board someplace where you'll see it every day.

