**Vision Board Project**

A “vision board” is a visual representation of the things that you want to have, be, or do in your life. It consists of a poster board with cut-out pictures, drawings and/or writing on it of the things that you want in your life or the things that you want to become. Creating a vision board is a fun and creative way for you to become clear on your dreams and desires and transform them into reality. We become what we think about and our lives are created from our thoughts.

**What does a Vision Board Do?**

1. A Vision Board helps you to become clear about what you want.

2. A Vision Board makes your goals visible.

3. A Vision Board gives you a life’s purpose.

**Instructions:**

**Step 1:** On the back of your poster board you will answer / explain all of the catagories listed below. You must include at least two bullet points for each category.

- A. Emotions (what do you want to feel?)

- B. Relationships (who do you want to have close relationships with?)

- C. Education (what education do you see yourself pursuing?)

- D. Work (what work do you see yourself doing for a living?)

- E. Required Skills (what skills would you need to do your work, hobbies?)

- F. Location (where do you see yourself living – both city/town, type of dwelling?)

- G. Recreational Activities (what would you like to do in your spare time?)

- H. Holidays (where would you like to travel?)

- I. Lifestyle (how much money do you want to have)

**Step 2:** Using magazines, newspapers, drawings, etc. collect approximately 15-20 school appropriate images that best illustrate your above goals or dreams.

**Step 3:** Arrange images on poster board in a meaningful manner and make sure to include the categories above (emotions, relationships, etc.) so that your poster board clearly states your thoughts on each of the categories.

**Step 4:** Present the finished project to the class.