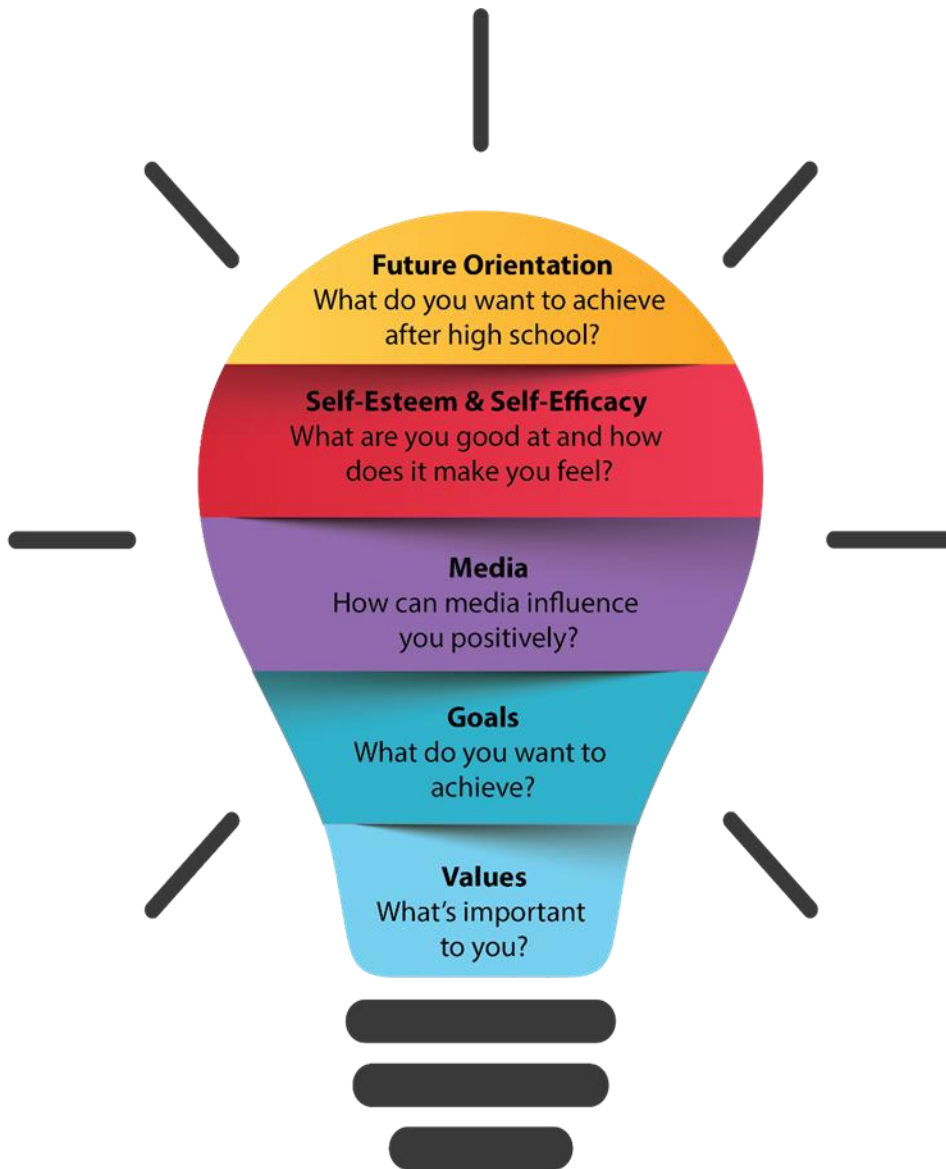




Vision Board

Session 1 Activity:

A **vision board** is a tool used to display images that represent whatever you want to be, do, or have in your life. Find pictures that represent or symbolize the experiences, feelings, and possessions you want to attract into your life and place them in your board. Use photographs, magazine cutouts, pictures from the Internet-whatever inspires you. Be creative. Include not only pictures, but anything that speaks to you and have fun with the process.



Your Vision Board

- Reflect on your own goals and values
- Think about the greatest wishes for your own life
- Create the board using images, pictures, words, quotes, and anything else that captures your ideas.
- Assemble your vision board
- Revisit and update as needed! Your visions are always changing.

Once you dream it, the next step is to believe it.