

Creating a Vision Board

Learning Outcomes - On completion of this activity the student will be able to:

- Define the purpose of a vision board.
- List their immediate goals.
- Source appropriate content such as pictures and quotes.
- Design 3 or 4 affirmations.
- Populate the template vision board.

Estimated Time – The time estimated for this activity is 30 minutes

Introduction - A Vision Board is a visual way of capturing your goals and helping you to plan how to achieve them. This method can replace the creation of a static list of goals and may help to better stimulate your imagination and creativity. The Vision Board can be thought of as a dynamic poster that is constantly updated.

Instructions to Students - You will be given a template for an Electronic Vision Board. Start off by listing your 3 or 4 most immediate goals on the top RHS of the template. It would be useful to add a picture of yourself on the top LHS and think about adding other pictures that illustrate some of your goals.

Now consider if there are any words that you feel describe you and/or the qualities that you will need to have to achieve your goals. These can be added to the Vision Board along with any of your favourite motivational quotes or excerpts from poems or textbooks. Don't feel restricted by the template if you want to add more or less just go ahead, it's your vision!

Finally, give some thought to adding appropriate affirmations on the bottom RHS. An affirmation is a positive statement that describes a desired situation. It must be positive and it should encourage you to focus on what you want. You will find some sample affirmations below that you can choose or edit to complete your Vision Board.

Sample Affirmations

- I am the architect of my life; I build its foundation and choose its contents.
- I am brimming with energy and overflowing with joy.
- My body is healthy; my mind is brilliant; my soul is tranquil.
- I have been given endless talents which I begin to utilise today.
- I forgive those who have harmed me and peacefully detach from them.
- I possess the qualities needed to be extremely successful.
- Happiness is a choice. I base my happiness on my own accomplishments.
- My potential to succeed is infinite.
- I am courageous and I stand up for myself.
- My life is plentiful with prosperity.
- I have an incredible family and wonderful friends.
- I acknowledge my own self-worth; my confidence is soaring.
- Everything that is happening now is happening for my ultimate good.

