

Resource 13

Creating a Vision Board

What is a vision board?

- A visual representation of your aspirations. A way to keep your eyes on the prize!
- A vision board might include words, pictures, gifs, videos or motivational quotes that represent things you would like to achieve or accomplish.

Why make a vision board?

- Being able to visualise your ideal makes you more likely to achieve it.
- Mental practices like visualisation can increase motivation, confidence and performance.
- A visual reference of what you want to achieve can help keep you focused on what's important to you, which will help you make decisions about school and life to achieve your aspirations.

Instructions:

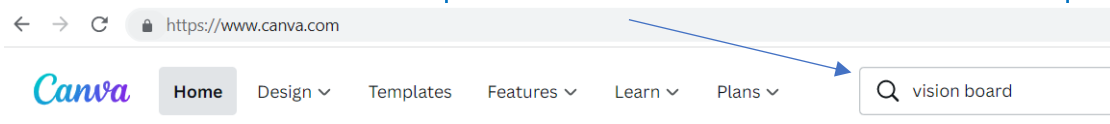
- Have a look at your 'What do I want from my life' worksheet for inspiration.
- What words or images pop into your mind when you look at these ideas?

Art & craft vision boards:

- Cut out words and pictures from magazines that represent your ideal future and stick them on a piece of paper. You can either organise these under headings or as a collage.
- Draw in your own pictures, words and inspirational quotes.

Digital vision boards:

- Spend some time online looking for images, words and motivational quotes that represent your ideal future – save them into a folder.
- Go to www.canva.com and type 'vision board' into the search box



- Choose a template and create your vision board using your saved images and adding in text.
- Make your finished vision board your new screen saver or print it out and stick it up somewhere you will see it every day.