



We are a nationally recognized expert in empowering students to succeed through mentoring, life skills development, goal setting, job readiness training, and career exploration.

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Creating A Personal Vision

Lesson:

Close your eyes and visualize. How do you see your life in 5 to 10 years? Your personal vision guides your life and provides direction in your everyday decisions. A study by TD Bank showed 86 percent of successful people visualize achieving their goals, and 2 out of 3 go a step further by creating vision boards that graphically show their career, education, family, and other life goals.

Instructions:

- Gather materials to create a vision board. You will need a large sheet of paper or cardboard, scissors, glue and/or tape, colored markers, pencils or crayons, old magazines or printed images from the internet.
- Tell students their vision board categories should include education, career, family, friends, and fun. Then give them the opportunity to add one or two more categories. Tell students to mark off areas on the paper or cardboard for each category.
- Students then search through magazines or internet sites for images that reflect the vision they have for each of their categories, then cut them out and adhere them to their vision board. Encourage students to take their time and be creative.
- When their vision board is complete, ask your student to present their board and explain each category. If other students or family members participate, you can have a vision board party!
- Have your students and/or family members display their vision boards where they can see it, reminding themselves of their goals.



Make it digital – Use programs like Canva and Google Docs/Slides or Microsoft Word/PowerPoint to create a digital version of your board and put it on your phone, tablet or computer so you can look at it often. There are also free apps you can download to create vision boards as well. Take your time and be creative! Do a slide show for your family and/or print and display it in your home.

Be sure to take pictures of your paper boards or upload your digital boards. Post your vision boards to any social media platform and tag #WinningFutures #AtHomeActivities.

“The key to effective visualization is to create the most detailed, clear and vivid a picture to focus on as possible. The more vivid the visualization, the more likely, and quickly, you are to begin attracting the things that help you achieve what you want to get done.”

- **George St-Pierre, professional mixed martial arts champion**