Vision Board Project

**What is a vision board?**

* A visual tool and representation of all the things that you want to do, be, and have in your life.; A visual map you create to design your best possible future
* A collection of images, photographs, quotes, phrases, symbols attached to a board and placed somewhere that you can see it every day.
* AKA: Dream Board; Achievement Map; Life Collage

**Why make a vision board?**

* By representing your goals with pictures and images you will actually strengthen and stimulate your emotions because **your mind responds strongly to visual stimulation**.
* By putting a vision board somewhere you can see it every day, and by practicing visualization daily, you will naturally become more motivated to reach your goals
* **Visualization activates the powers of your subconscious mind and programs your brain** to notice available resources and opportunities you need to achieve your goals.

**Steps to create your vision board:**

1. First you need a vision. Think about the goals you have set for yourself; how can you represent these visually? What other goals or dreams do you envision for yourself?
2. Create a list of categories and aim to find an image for each. You can use the same categories we used for our S.M.A.R.T. goals, or create new ones.
3. Grab some magazines and start looking for images and phrases that represent your goals and dreams. You can also find images online and print them off, or recreate them. (Remember we don’t have a colour printer in class, and you will want your board to be bright, bold and colourful.)
4. Consider adding a picture of yourself – make sure it’s a happy, memorable picture
5. Cut and paste – lay out your images first before you start gluing.
6. Post somewhere at home that you will see it often. Spend a few minutes each day visualizing the steps you need to take in order to achieve your goals.

Post Vision Board Reflection

Choose three images from your vision board and provide a short paragraph reflection of how these images represent your goals for the future.

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Image 3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Vision Board Self-Assessment

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| **Criteria** | **Not Meeting** | **Minimally Meeting** | **Fully Meeting** | **Exceeding** |
| **Variety of Images** | Limited variety of images (0-5) | Adequate variety of images (6-8) | Good variety of images (9-10) | Excellent variety of images (11 +up) |
| **Design and Construction** | Images are not trimmed; Little attention was given to design; collage was put together sloppily; not attractive; a lot of empty space | Images have been trimmed but arrangement is not attractive; not a lot of planning put into design; a bit messy; some empty space | Images have been trimmed, arrangement is good; planning is evident; collage is neat and attractive; little to no empty space | Images have been trimmed and thoughtfully arranged; excellent planning is evident; collage is neat and attractive; little to no empty space |
| **Relevance of Material** | Material has limited relevance to goals; Does not communicate or represent goals | Material has some relevance; Adequately communicates or represents goals | Material is mostly relevant to goals; Communicates or represents goals well | Material are all relevant and clearly connected to goals; Clearly communicates and represents goals |
| **Overall Impact/ Impression** | Overall visual impact is limited | Overall visual impact is somewhat effective | Overall visual impact is effective | Overall visual impact is very effective |
| **Reflection** | Reflection is incomplete or entries are missing | Reflection has been completed but is superficial | Reflection has been completed fully; some depth and insights present | Reflection has been completed fully; student has gone into depth and provided significant insights |