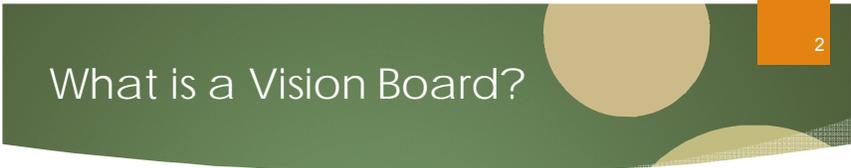


10 minutes



# Vision Board Assignment

LOOKING AT SOME SAMPLES



## What is a Vision Board?

- ▶ A manifestation of your dreams – a visual map of your goals and aspirations.
- ▶ When personalized, by adding specific photos, words and phrases, your vision board will bring your future to the forefront of your life.
- ▶ The daily ritual of paying attention, adding to and becoming inspired by your vision board can, as many users enthusiastically claim, bring about the realization of your goals and dreams in both the short term and long term.

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## Reviewing the Basics

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- ▶ Basically, a vision board is a collection of photos, magazine pictures, quotations, inspirational messages, and anything else you creatively imagine to achieve your goals in life – personal and professional.
- ▶ A vision board is based on the law of attraction, which means that whatever thoughts, ideas or situations you give the most attention to will eventually appear in your life.

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## Focusing on the Future

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- ▶ Deciding to use a vision board will bring these manifestations to you at a level that is more “conscious” and therefore more realistic to attain.
- ▶ You become more focused on identifying and regularly acknowledging the things you would like to be, see and do on this journey we call life.

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## The Power of Thought

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- ▶ If you go by the notion that our thoughts are immensely powerful and ultimately advantageous, when used properly, a vision board makes a lot of sense.
- ▶ It is an inexpensive, creative and fun investment that with a little time, effort and thought can pay you back tenfold. For starters, you will get an excellent mark on your first major assignment in Career Studies. 😊

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## What You Need

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- ▶ You can use a large piece of Bristol board, white cardboard, poster board or construction paper.
- ▶ Some other "tools of the trade" will include scissors, glue, magazines, your computer to print out motivational or inspirational phrases, and anything else you can think of.
- ▶ Ideas around what you put on your board are endless. You are going to come up with enough pictures, photographs, images, words, quotes and text-based passages to fill up an entire piece of Bristol board.
- ▶ It is better to have too many things than not enough. Personal creativity is key.

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## Your Ideal Life

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- ▶ Deciding on how you would like your life to look has a lot to do with what you truly value.
- ▶ Consider what you discovered during all of the self-assessments you have completed during this first unit. Reference the words and phrases most prominent when you completed those tasks.
- ▶ You may also want to include a photo of a certain car, a romantic couple that screams “soulmates,” a bank statement that is carefully whited out to project your desired income, an example of perfect well-being and/or photos of people performing your chosen career – the list is virtually endless.

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## It's in the Details

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- ▶ Be as descriptive as possible.
- ▶ Label each new addition to your board with your desired specifications. It's your life after all, and no one deserves ultimate happiness more than you.
- ▶ Be very specific as to what that happiness looks like – on personal, intellectual, emotional and spiritual levels, as applicable.

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## Gratitude and "Feeling It"

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- ▶ Sprinkle throughout your board the things you are most grateful for. To see this in visual and written form is indescribably powerful and will promote emotional well-being. You will continually be reminded of what makes you smile and what you have to be thankful for – even on bad days.
- ▶ "Fake it 'til you make it." This sentiment is very true as you create your own reality. Looking at your board will invoke feelings of already having it all – whatever that means to you. Your perfect job, your perfect love, your perfect health and so on.

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## In Due Time

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- ▶ As your desires evolve and shift in priority, your board will change should you choose to hold onto it.
- ▶ What you feel is important now, as a high school student, may not be important once you have graduated high school.
- ▶ Money may be one of your most important values right now, but may not be in your twenties or thirties. Your vision board will evolve as you do.
- ▶ Your life experiences will shape your values and your values will inevitably change.

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## Opportunity Knocking

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- ▶ Seize opportunities that will undoubtedly lead you on your most successful path.
- ▶ For example, if going to university or college is one of your goals, start working towards that goal now ... today.
- ▶ By being the best student you can be now and developing your skills, you will be an even better student by grade 12, increasing your odds of excelling in your grade 12 classes and getting into the university or college of your dreams.
- ▶ Looking at apprenticeship training programs, focus on honing those skills now and the same basic rules apply – you will be a master in your chosen field.

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## If you want a Level 4 ...

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- ▶ Board contains 25+ relevant images, quotations, etc.
- ▶ Each image accompanied by thoroughly detailed descriptions of relevance and meaning
- ▶ Board elements have extremely clear and detailed connection to dreams and future goals
- ▶ Research time used with high level of effectiveness
- ▶ Project shows thorough organization and logic in terms of layout
- ▶ Significant aesthetic consideration
- ▶ Board resembles vision board in thorough way, based on examples shown in class

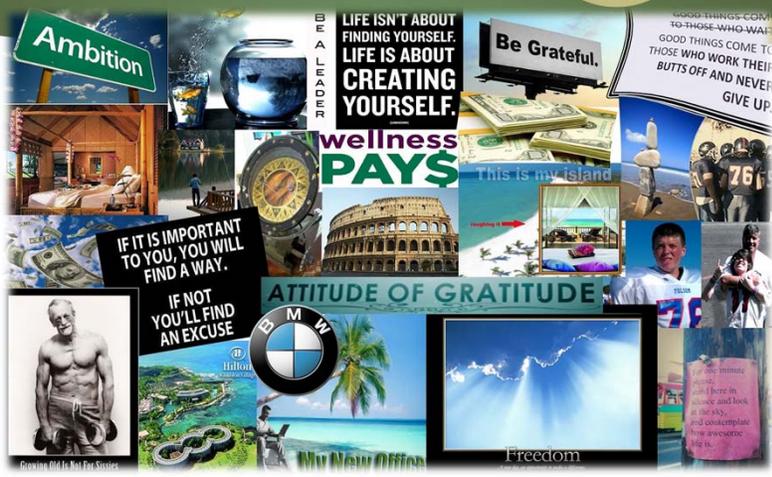
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2 minutes

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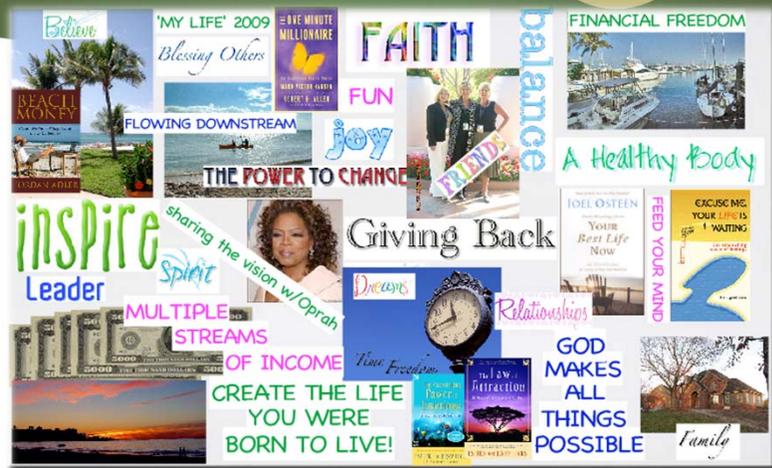


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2 minutes

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## You can also ...

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- ▶ Create a board that moves through a timeline of what you want a year from now, five years from now, ten years from now and so on.
- ▶ You can also paste your written explanations on the back of your board, on a single sheet or sheets of paper, or attractively display them on the front of your board, provided it does not detract from the aesthetic.

I put a picture of Oprah on my Vision Board because she inspires me to do more and to be more. She was a journalist like me when she started out, but she has built an empire and still finds time to help those less fortunate. I would like to achieve even greater success but still not forget to be kind to those around me.

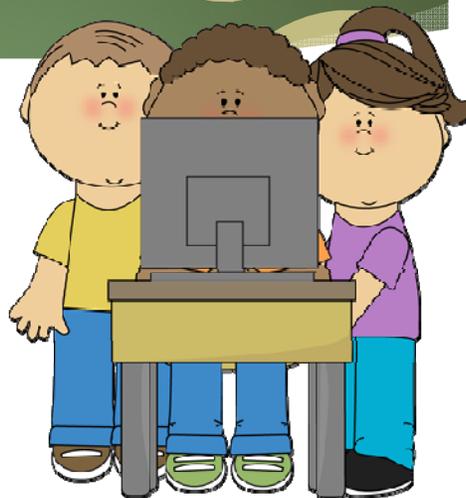
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50 minutes

## Now for your research ...

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4 minutes

# Homework

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- ▶ Nothing for tonight, but ...
- ▶ You will need to do some work on your Vision Board over the weekend to ensure you are ready to deliver it to me in class on Wednesday. ☺



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