



#FontanaTogether

Creating A Vision Board

Vision boards are an amazing tool that helps keep you motivated and determined to make your future goals real. Promoting a growth mindset will continue to encourage hard work and the vision board supports the goals you set for yourself and strive for. Vision boards should display images and words of what you want to get out of life. The board should be personal to you and display everything YOU desire for YOUR future.

Materials:

- Project Board(any color)
- Markers/Pens(etc)
- Images, Quotes
- Anything that inspires you or reminds you of goals you wish to achieve
- (A vision board doesn't have to be on a board, it can be in a journal, sticky note, regular lined paper. The important thing is to make it your own.)

Instructions:

1. Gather and cut out images(magazines/pictures/print outs etc)
2. Make sure to add motivational/inspiring quotes and words onto your board as well
3. Paste everything you've cut onto your board
4. Lastly make sure to display your board someplace you will see it everyday

Reflection:

After creating your vision board make sure to display it somewhere you will see it everyday, so that it serves as a reminder to help you stay focused on achieving your goals. After having your vision board up for a few weeks take a moment to self reflect: What have I done to get closer to this goal? What did I accomplish already? Which goal am I overlooking? Try to reflect on your vision board weekly or monthly to help you reassess and strive to accomplish all your goals.



