



ACTIVITY: Vision Board

Purpose

- A Vision Board is a collage of images and words that that you should display in a prominent place to remind you WHY you do what you do every day; images and words that spark your motivation and remind you of your values, goals, or dreams. It could also be filled with things that inspire you or leave you feeling happy.

Instructions:

- Have participants write down everything they can think of that brings them joy (as many things as possible on a white board or individually).
- Use the Values handout (attached) and have participants circle the values that are most important to them.
- Read the “List of questions to spark mental images” handout (attached). They may jot down their answers to some or all of the questions to spark some ideas in their mind.
- Have images/words cut from old magazines and/or images you provide from the internet that bring to mind things that make them smile, feel motivated or inspired.
- Have participants glue those images and words to a poster board and hang the board in a prominent area where they can see it every day.
- Feel free to add to your vision board periodically.
- Remind them to take time to reflect on their board when they are feeling stressed or need to remember what is important to them.

ESTIMATED TIME

60 minutes

MATERIALS

Required:

- A. 11x18 Cardstock or mini poster boards
- B. Old magazines or cut out words/ images from internet
- C. Glue sticks
- D. Scissors

Optional:

- A. White Board
- B. Note paper
- C. Values Handout
- D. Markers



Discussion Questions/ Key Points

- In times of stress, it is important to remember WHY you are doing what you do. What motivates you? How do you remember what's really important in your life?
- What brings you JOY?
- What are your VALUES?
- What are your Personal Commandments? (see Sources below for more information)

Follow-up

1. What did you enjoy most about the activity?
2. Where did you display your Vision Board?
3. When do you reflect on your Vision Board?
4. How do you feel when you look at your Vision Board?

Sources/ More Information

See also – What Brings You Joy activity; Personal Commandments activity located on the www.bjclearn.org/resiliency website. Contact Sheri Phillips at sheri.phillips@bjc.org for a sample PowerPoint presentation.

See handout attachments.

Acceptance	Fun	Open-Mindedness
Achievement	Generosity	Openness
Adventure	Grace	Peace
Altruism/Helping Others	Gratitude	Philanthropy
Attentiveness	Honesty	Play/ Playfulness
Balance	Hopefulness	Positivity
Beauty	Humor	Reason/Logic
Caring	Independence	Reliability
Charity	Integrity	Respect
Compassion	Introspection	Responsibility
Connection (Connecting w/others)	Joy	Self-control
Competence	Justice	Spirituality/Faith
Courage	Kindness	Selflessness
Creativity	Knowledge	Stability/Security
Curiosity	Leadership	Support
Determination	Learning and Growth	Teamwork
Discipline	Love	Thoughtfulness
Empathy	Loyalty	Transparency
Friendliness	Modesty	Trustworthiness
Friendship	Nature (Appreciation of)	Wisdom
		Wonder
		Work

Questions to spark mental images



- 💡 What are my strengths?
- 💡 What are my short-term goals and long-term goals?
- 💡 Who matters most to me?
- 💡 What do I like to do for fun?
- 💡 What new activities am I interested in or willing to try?
- 💡 What are my values? What do I believe in?
- 💡 If I could have one wish, it would be _____
- 💡 Where do I feel safest?
- 💡 What or who gives me comfort?
- 💡 If I wasn't afraid, I would _____
- 💡 What is my proudest accomplishment?
- 💡 Am I a night owl or an early bird?
- 💡 What do I like about my job?
- 💡 What do I do to show myself self-compassion and self-care?
- 💡 What am I passionate about?
- 💡 What is my happiest memory?
- 💡 What do my dreams tell me?
- 💡 What is my favorite book? Movie? Band? Color? Animal?
- 💡 What am I grateful for?
- 💡 When I'm feeling down, I like to _____