



RESILIENCY

Meaning

How I... find meaning

ACTIVITY: Vision Board

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.

Try This!

- Read the list of questions on the back of this sheet and jot down your answers to some or all of them. These should spark some ideas in your mind.
- Search the Internet or old magazines and print out/cut out images and/or words that bring to mind things that make you smile, feel motivated or inspired.
- Glue those images and words to a poster board and hang the board in a prominent area where you can see it every day.
- Feel free to add to your vision board periodically.
- Take time to reflect on this board when you are feeling stressed or need to remember what is important to you.

See also – What Brings You Joy activity; Personal Commandments activity located on the www.bjcclearn.org/resiliency website.

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 _____