



VISION BOARD

Purpose & Focus

To help the participants focus on their goals for the future.

Participants

Any number of participants.

Time Allotment

30 + Minutes

Activity Level

Low

Materials

- Poster board
- Markers
- Art supplies: sticks, scrapbooking materials, foam letters, etc.
- Glue
- Scissors
- Pictures or magazines

Preparation

- Give time for each individual to create their board throughout the week (set a start and end date)
- Let participants know that the design must follow a theme (Growth, future, my best life, etc.)
- Participants who are willing to share their board may present them to their peers.

Discussion

- When you think about your life in a few years from now, what does it look like?
- What do you think will be hard about achieving your goals?
- How does setting goals for yourself keep you motivated?