



# Vision Board Activity

## Purpose:

A Vision Board is a collage of images and words that clients should display in a prominent place to remind him/her/them WHY they do what they do everyday.

## INSTRUCTIONS

- Have the client write down everything he/she/they can think of that brings them joy (as many things as possible on a notepad or individually).
- Use the [Personal Values Assessment](#) and have participants identify the values that are most important to them.
- Have images/words cut from old magazines and/or images you provide to them from the internet that bring to mind things that make them smile, feel motivated or inspired.
- Have the client glue those images and words to a poster board and hang the board in a prominent area where they will see it everyday.
- Tell the client to feel free to add to their vision board periodically.
- Remind them to take time to reflect on their board when are they feeling stressed or need to remember what is important to them.

## MATERIALS

### Required:

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

### Optional:

- White Board Note paper
- Markers
- Values Assessment