

# TEEN TAKE & MAKE CRAFT KIT

# Vision Boards



## Supplies:

- Our Template/Guide (Provided)
- Card Stock (Provided) (Or If You Wish To Go Bigger, Try A Poster Board (Not Provided)
- Fun Markers, Pens, Or Other Coloring Items (Not Provided)
- Pictures (Ones You've Taken, Ones From Old Magazines, Or Ones Printed From Online Are Fun, Not Provided)
- Glue (Not Provided)
- Scissors (Not Provided)

## What Is A Vision Board?

Put simply: It's a visual representation of your goals. They typically contain all kinds of images and text that represent something you're trying to accomplish.

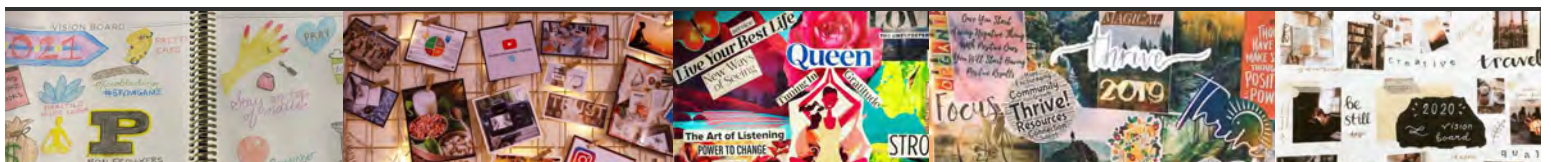
## Instructions:

There are really no rules when it comes to vision boards, since it's about crafting something that will inspire you to realize your dreams and goals on a daily basis. Some vision boards hone in on a singular idea, while others look at the bigger picture of what you might want the future to look like. Take a moment of self-reflection and figure out what's most important to you. Think about the one or two pieces of your life that you really want to change and focus on the words those pieces bring to mind. Decide if your vision board should represent short-term or long-term change.

Hunt through your old pictures for visual representations of your goal. Or, print images you see online. Perhaps you'd like to finally take a tropical vacation. In that case, find yourself a palm tree pic and some glue. The trick is to make sure any words you use are short and the images you choose are vivid, attractive, and glossy, so your vision board regularly catches your eye. Keep sticking on things until you feel done.

Once you're done, put your vision board in a place that's within your regular line of sight—your nightstand, your closet door, or even by your television. The key is to look at it as often as possible.

Though a vision board is a wonderful tool to help you achieve your goals, you can't just sit back and expect it to magically make things a reality. Think of your vision board as a living thing—rip things off, add things, or start from scratch if you're so inclined.



**Orland Park Public Library**

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