

Creating a Vision Board in 5 Easy Steps

FOR YOURSELF

Review the instructions below and then get started!

FACILITATION FOR A GROUP

This program will be done in two parts.

Part 1: Gather your Sisters and facilitate the content below through step 3, however the actual goal-setting should be done on their own. You'll want to review what SMART goals are, but the actual development of Sisters' goals should be done at a later time.

Part 2: Come back together to share vision boards! Ideally, part 2 would be facilitated no later than 2 days after part 1.

A vision board is so much more than a bunch of stuff you think is cool glued to a sheet of paper. Actually, it's a much more intentional form of creating your ideal future through utilizing images and words to help you "see" your goal and desired outcome. A vision board can be on paper or it can be digital, and it should include both notes and images that you aspire towards achieving. It should be kept in a place where you can see it every day to help you stay accountable to the priority goals that you have identified as being important to your ideal future. The five, easy to follow, steps below will help you put your ideas into action and help you SEE the future you can achieve!

STEP 1: SEEING IS BELIEVING!

Olympic athletes are known to be seen flapping their arms about while waiting on the bench for their next turn at their sport. They might look silly, but this is how some of the world's most elite athletes get even better...they SEE themselves accomplishing their desired outcome.

The same is true for those in positions of leadership—be it a CEO or an active member of Alpha Xi Delta. No actual position is required to be a leader and everyone can benefit from visualization. Let's try it now. Close your eyes and picture a pink rose. Did you see it? Good job! You just did a guided visualization. Easy, right?

STEP 2: FILL THE SPACE!

What is it you want to accomplish? What is it you want to be? What is it you strive to achieve? How do you want to feel? How do you want to live?

These are pretty board questions, and the answers to them might be deep—GOOD. Go there with yourself. Take out a blank sheet of paper and fill it with your answers to these questions. Even if it seems impossible to achieve, this is not the time to limit yourself. This is your time to be selfish and think about YOU and what YOU want.

Group Facilitation: Give Sisters time to complete this—no longer than 5 minutes. If they need more time, they can revisit it later. Offer the opportunity for Sisters to share what they wrote.

STEP 3: BE SMART

Your ideas are amazing. Your ideal future is written on the piece of paper from step 2, but a goal isn't a goal without a plan to get there. SMART Goals can help you achieve just that. SMART is an acronym:

Specific: "Get a good job" is a little vague, but something more specific could be, "Make three connections within my field"

Measurable: What is your criteria for measuring progress? For example, you might say, "A connection is when I obtain the contact information for my connections and send them a personal greeting."

Achievable: Do you have what you need to achieve this goal? If yes, great! If no, what skills or resources do you need to acquire?

Realistic: Is this something feasible for YOU? Imagine if you had selected ten connections instead of three—

you'd really need to ask yourself if that was actually attainable for you at this time.

Timely: When will you make your three connections? This month? This term? Set a deadline that will help instill some urgency.

Using your piece of paper from step 2, craft three goals; select three from the category list below and create a goal for each category you choose.

CAREER/PROFESSIONAL LIFE

RELATIONSHIPS

FINANCES

HEALTH

WELLNESS

SPIRITUALITY

ALPHA XI DELTA

COMMUNITY ENGAGEMENT

FAMILY

ACADEMICS

SOCIAL/FUN

STEP 4: CREATE AND CULTIVATE

Time to get down to it! You have your goals, so the next step is finding words and images that help you “see” those goals. A key point here is thinking about the “why” behind each goal and select words or images that resonate with your “why”. For example, if you want to be on the Dean’s List, would you select a picture of books? Or would you select a picture of a woman in a sharp suit looking like she’s ready to tackle the world? It depends on your why—if you want to be on Dean’s List because you want to earn good grades that will get you into the graduate school of your choice and later that will lead to a dream job, then you know which to choose!

You can create in two ways:

- 1 Get crafty with glue, poster board, scissors, magazines or a printer and find words, images and phrases that help you set your goals to pictures.
- 2 There are lots of great apps that are built specifically for vision-boarding. A quick Google search will yield you with lots of options and you can pick what will help you build the best board! One to consider is [canva.com](https://www.canva.com). It’s free and very user-friendly.

Keep your vision board neat if you can—you don’t want to attract chaos to your life and you want to be able to easily distinguish one goal from another. A vision board is an organized collage, not a haphazard craft project!

STEP 5: SHOW IT OFF!

You need to be able to see what you want to achieve. Where will you put it? This should be somewhere you walk by every day: maybe a mirror, or on the refrigerator, the picture on your computer's desktop or even the lock screen on your phone.

Discussion points for group facilitation:

- What was the most challenging part of creating your vision board? Why?
- When another Sister was sharing her vision board, were there any goals you thought were especially interesting?
- What are some ways we can help each other achieve the goals we've put into place?

Journaling prompts for individual use:

- How are you going to keep yourself accountable to reaching for your goals?
- What was challenging about creating your vision board?
- What did it feel like to look at the final product?