Vision Board

What is a Vision Board?

A vision board is a collage of photos, drawings and affirmations of one's dreams and desires. The purpose of the board is to serve as a source of motivation and inspiration during a new beginning!

Sample Supplies:

- Small photos or 2-D artwork
- Glue
- Scissors
- Canvas (or a poster board, or a thick cardstock)
- Mod podge (for a glossy appearance, if wanted)
- Paint brush (if you are using mod podge)

Instructions:

1. Set goals: Brainstorm ideas for what you want to achieve this coming year. Look up activities and places to explore within GW and DC.

Examples of ideas: pictures of your places that you want to visit,

2. Collect images and artwork that you may already have (examples: magazine photos) or Pinterest or Google Images to print out photos. Search for and cut out images and words that embody your goals.

3. Create a structure for your board: Cut out all of the items you collected and lay them out on your board (canvas or cardstock) to get an idea of how you want to arrange them.

4. Glue the backs of the images to your board and set to dry.
5. This step is not necessary, but if you have mod podge, apply a light coating over your board with a paintbrush (if it appears that the coating is white/foggy that is ok, it will dry clear!)
6. Add your own words, doodles, or sketches. Now, add your own words, doodles, stickers, or sketches over and around the collaged images with Sharpie markers (optional).
7. You are all done! And now it's time to hang your new vision board on the wall where you will see it regularly!

FOGGY BOTTOM
GOALS
MOUNT VERNON
Dream Hard
Work Harder
FOCUS
Vern S'mores
Vern
HARVEST
You Are
What You
Manifest
HEALTHY
MIND
BODY &
SOUL
GW DELICATESSEN
#RAISEHIGH
INTENTIONAL
EXPLORE
DC
COLLECT
EXPERIENCES
CONFIDENCE
SAY
YES
TO NEW
Adventures