

## Vision Board Assignment

### Unit One Culminating Task

A vision board is a manifestation of your dreams – a visual map of your goals and aspirations. When personalized, by adding specific photos, words and phrases, your vision board will bring your future to the forefront of your life. The daily ritual of paying attention, adding to and becoming inspired by your vision board can, as many users enthusiastically claim, bring about the realization of your goals and dreams in both the short term and long term.

Basically, a vision board is a collection of photos, magazine pictures, quotations, inspirational messages, and anything else you creatively imagine to achieve your goals in life – personal and professional. A vision board is based on the law of attraction, which means that whatever thoughts, ideas or situations you give the most attention to will eventually appear in your life.

Deciding to use a vision board will bring these manifestations to you at a level that is more “conscious” and therefore more realistic to attain. You become more focused on identifying and regularly acknowledging the things you would like to be, see and do on this journey we call life. If you go by the notion that our thoughts are immensely powerful and ultimately advantageous, when used properly, a vision board makes a lot of sense. It is an inexpensive, creative and fun investment that with a little time, effort and thought can pay you back tenfold. For starters, you will get an excellent mark on your first major assignment in Career Studies.

### General Tips

1. **Bristol Board:** You can use a large piece of white cardboard, poster board or construction paper. Some tools of the trade will include scissors, glue, magazines, your computer to print out motivational or inspirational phrases, and anything else you can think of. Ideas around what you put on your board are endless. You are going to come up with enough pictures, photographs, images, words, quotes and text-based passages to fill up an entire piece of Bristol board. It is better to have too many things than not enough. Personal creativity is key.
2. **Your Ideal Life:** Deciding on how you would like your life to look has a lot to do with what you truly value. Consider what you discovered during all of the self-assessments you have completed during this first unit. Reference the words and phrases most prominent when you completed those tasks. You may also want to include a photo of a certain make and colour of car, a picture of a romantic couple that screams “soulmates,” a bank statement that is carefully whited out to project your desired income, an example of perfect well-being and/or photos of people performing your chosen career – the list is virtually endless.
3. **It's in the Details:** Be as descriptive as possible. Label each new addition to your board with your desired specifications. It's your life after all, and no one deserves ultimate happiness more than you. Be very specific as to what that happiness looks like – on personal, intellectual, emotional and spiritual levels, as applicable.
4. **Gratitude:** Sprinkle throughout your board the things you are most grateful for. To see this in visual and written form is indescribably powerful and will promote emotional well-being. You will continually be reminded of what makes you smile and what you have to be thankful for – even on days when your mood may make you forget.
5. **You Have to Feel It:** Have you heard the phrase “fake it ‘til you make it”? This sentiment is very true as you create your own reality. Looking at your board will invoke feelings of already having it all – whatever having it all means to you. Your perfect job, your perfect love, your perfect health and so on.

Name: \_\_\_\_\_

- 6. In Due Time:** As your desires evolve and shift in priority, your board will change should you choose to hold onto it. What you feel is important now, as a high school student, may not be important once you have graduated high school. Money may be one of your most important values right now, but may not be in your twenties or thirties. Your vision board will evolve as you do. Your life experiences will shape your values and your values will inevitably change.
- 7. Opportunity Knocking:** Seize the opportunities that will undoubtedly lead you on your most successful path. For example, if going to university or college is one of your goals in life, start working towards that goal now ... today. By being the best student you can be now and developing your skills, you will be an even better student by grade 12, increasing your odds of excelling in your grade 12 classes and getting into the university or college of your dreams. Looking at apprenticeship training programs, focus on honing those skills now and the same basic rules apply – you will be a master in your chosen field.

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	<b>Level R</b> (0-49%)	<b>Level 1</b> (50-59%)	<b>Level 2</b> (60-69%)	<b>Level 3</b> (70-79%)	<b>Level 4</b> (80-100%)
<b>Knowledge and Understanding</b>					
All task elements included	Vision board contains 10 or fewer relevant images, quotations, etc.	Vision board contains 11-15 relevant images, quotations, etc.	Vision board contains 16-20 relevant images, quotations, etc.	Vision board contains 21-25 relevant images, quotations, etc.	Vision board contains 25+ relevant images, quotations, etc.
Unique and meaningful future vision  / 10	Images are not accompanied by descriptions of relevance and meaning	Each image is accompanied by limited detailed descriptions of relevance and meaning	Each image is accompanied by some detailed descriptions of relevance and meaning	Each image is accompanied by considerably detailed descriptions of relevance and meaning	Each image is accompanied by thoroughly detailed descriptions of relevance and meaning
<b>Thinking and Inquiry</b>					
Clear evidence of effective research and planning	Vision board elements have little to no clear connection to dreams and future goals  Research time used with little to no effectiveness  Project shows little to no organization and logic in terms of layout	Vision board elements have limited clear connection to dreams and future goals  Research time used with limited effectiveness  Project shows limited organization and logic in terms of layout	Vision board elements have some clear connection to dreams and future goals  Research time used with some effectiveness  Project shows some organization and logic in terms of layout	Vision board elements have considerably clear connection to dreams and future goals  Research time used with considerable effectiveness  Project shows considerable organization and logic in terms of layout	Vision board elements have extremely clear and detailed connection to dreams and future goals  Research time used with high level of effectiveness  Project shows thorough organization and logic in terms of layout
/ 10					
<b>Application</b>					
Aesthetic considerations for the board	Vision board shows little to no aesthetic consideration  Vision board does not resemble a vision board based on examples shown in class	Vision board shows limited aesthetic consideration  Vision board resembles a vision board in a limited way, based on examples shown in class	Vision board shows some aesthetic consideration  Vision board somewhat resembles a vision board based on examples shown in class	Vision board shows considerable aesthetic consideration  Vision board resembles a vision board in a considerable way, based on examples shown in class	Vision board shows significant aesthetic consideration  Vision board resembles a vision board in a thorough way, based on examples shown in class
/ 10					