Beech Brook
HELPING CHILDREN & FAMILIES THRIVE

VISION BOARDS
FOR TEENS

1. Reflect on 2020.

What did you accomplish?

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What did you try that was new or different? How did it feel to take a risk? How did it feel if things didn't go according to plan?

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What are you proud of?

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2. Set your intentions for the vision board.

What is it that you want to manifest (make happen) for 2021? What are some of your goals for 2021?

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Use magazines, print images from the internet, find stickers, or use art supplies to find images, words, and symbols that reflect your vision/intention for the year and that you connect with emotionally. There is no right or wrong way to make your vision board!

3. Find a board. This can be a poster board, canvas, wood, a piece of a cardboard box, or even a thick piece of paper. Glue all your pieces to your board as you see fit. Display your board somewhere you can see it daily!