

Visualization Board

Objective:

To create a work of art that envisions your future. From next week, to next year, to graduation, to decades and decades beyond. If you create your future, and you can see it right in front of you, we think it will help you stay on a path so that you can turn those visions into reality.

What you need:

A board. Any size will do. The ones we've seen that work well are generally around two feet long and one foot high. But it's your call. Wood, cardboard, poster board. Or create it on your computer. Whatever you like.

Pre-writing

Write about your future. Imagine yourself at different stages of your life. How do you see yourself? What are your goals, dreams, aspirations? Write about them.

Creating your vision

There are multiple ways to create your visualization board. Some people cut out pictures from magazines or take them the Internet. Some people employ photographs. Those who like to draw or paint do so directly onto the board. Or you may use a combination of the above. It's your vision board. Feel free to use any materials you want and to create it any way you wish.