



# Mini Vision Boards

## PURPOSE //

- Promote a positive attitude for the new year
- Promotes motivation
- Practice visualization of goals to achieve

## INSTRUCTIONS //

### Materials

- Index cards (3x5 or 5x8) or 8.5 x 11 sheets of paper/card stock
- Magazines
- Markers, colored pencils, or crayons
- Scissors
- Glue
- Glitter tape to frame the vision board

### Assembly

1. Write down what your goals and dreams are for the upcoming year with school, friends, family, etc.
2. Place pictures of where you want to go and what you want to be on your board.
3. Have fun with it because it's your own vision board!

### Application

- Mini vision boards are a great way to kick off a new year. Students can hang the vision boards in their lockers.
- Glitter tape is a fun way to frame the vision boards for a finishing touch.
- If people are stuck tell them to start their sentence with "This year I will..." or "My goals this year are..." to help them get started

### Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:

