

# VISION BOARD



TIPS AND TRICKS ON  
CREATING MEANINGFUL  
DISPLAY OF YOUR DREAMS  
AND GOALS

# ABOUT VISION BOARDS

Vision boards are visual representations of what you want your future to look like.



## WHAT YOU NEED

- Art and craft supplies
- or Compute/tablet or phone
- Goals/dreams/aspirations



## HERE ARE SOME TIPS AND TRICKS ON HOW TO GET STARTED

There are countless ways to make a vision board, included are just a few ways you can get yourself started.

# GETTING STARTED

it might be helpful to write down your goals first, or you may want to go with the flow, which ever way works best for you is the way to do it.



## MIX IT UP

Feel free to use images, words, quotes, poems, drawings, colours and whatever else you think will get your ideas across.



## DON'T LIMIT YOURSELF

Use as many art mediums as you wish. You might want to leave space in order to add and adjust it overtime.

# USE S.M.A.R.T. GOALS

## **SPECIFIC**

Make goals specific for effective planning

## **MEASURABLE**

Have a specific way to measure or track progress

## **ATTAINABLE**

Make sure you can reasonably attain your desires

## **RELEVANT**

your goals should align with your values and long-term objectives

## **TIME-BASED**

Set a realistic and ambitious time frame for attaining your goals



# FIND INSPIRATION

There are heaps of resources available online! If you get stuck on how to get started, check out what other people have made. Pinterest, google and canva can be great tools to utilize.



# MAKE IT VISIBLE



Hang it up somewhere visible. Seeing it regularly will remind you of your goals and hopefully keep you motivated.

Share your art! Sharing your art with others can help inspire them and keep yourself accountable. or email a picture of your finished product to Linnea ([lmcp@bgcottawa.org](mailto:lmcp@bgcottawa.org)) for a chance to win fun prizes.