

Conference on the Young Years
Saturday, March 14, 2020

Lisa Edinger

Session X: #82
Session XI: #99

MISSION ACCOMPLISHED!

Achieving Goals by Creating a Vision Board

What

WHAT IS A VISION BOARD?

A board used to display images that represent whatever you want to be, do, or have in your life.



Why

WHY IS A VISION BOARD USEFUL?

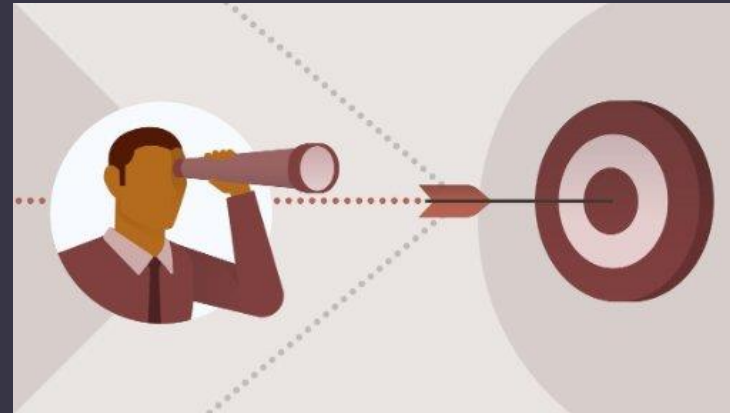
Visualization helps people reach their goals by imagining the end result.



Why

WHY IS A VISION BOARD USEFUL?

A vision board keeps your focus on the things you have deemed a priority.
Your energy follows your focus.



How

HOW DO YOU KNOW WHAT TO INCLUDE ON YOUR VISION BOARD?

Images that represent:

Dreams

Travels

Calling

Relationships

Goals

Interests

Joy

Inspiration

How

HOW DO YOU KNOW WHAT TO INCLUDE ON YOUR VISION BOARD?

Meaningful words:

Quotes Blog articles

Books Faith

Mission statement

Signature strengths

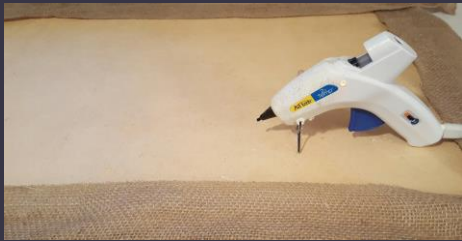
How

HOW TO MAKE A VISION BOARD:

1. Get a board
2. Curate your images/words/objects
3. Attach to board
4. Add embellishments (optional)
5. Display in a prominent place

How

EXAMPLE OF PROCESS:



How

DIGITAL OPTIONS ARE AVAILABLE:

Hay House
Wishboard
Dream Board
Corkculous
Pic Collage



Pro Tips

PRO TIPS:

- *Use Pinterest, Instagram, etc. to organize ideas
- *Make sure your personal mission is included
- *Leave space to post evidence of your progress

Preferences

I PREFER TO:

- *Combine personal and professional
- *Do seasonal reflections and updates
- *Make a new board every January centered around my One Word

Before Starting

NAME WHAT MATTERS:

Do you have a personal mission statement?

Do you have a teaching mission statement?

Before Starting

SIGNATURE STRENGTHS:

*Take the survey at

<https://www.viacharacter.org/>

*Print out your top 5 and exercise them every day

Model

EXAMPLE VISION BOARD:

Here's how I do it...

Model

EXAMPLE VISION BOARD:

***2019 INTENTIONAL**

***2020 ALIGN**

Closing

SOME CLOSING ENCOURAGEMENT:

- *There's no wrong way to do a vision board
- *Be authentic
- *Celebrate progress over perfection

Resources

RESOURCES:

<https://youcreatethejoy.blogspot.com/2017/01/living-dream.html>

<https://youcreatethejoy.blogspot.com/2017/05/has-vision-become-reality-yet-living.html>