Session 1

VISION BOARDS

What is a vision board?

• A vision board is a visual representation or reflection of what you want your life or environment to look like

Vision Board Instructions:

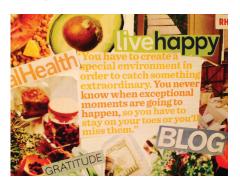
- 1. Reflect on your community and brainstorm the aspects you like and dislike. Think specifically about health and wellness.
- 2. Cather your supplies paper, glue, magazines, scissors
- 3. Open your magazines and find pictures that make you think of good health and environment
- 4. Cut out those images
- 5. Lay them out in front of you
- 6. Place them on your paper. Try different layouts
- 7. Glue down the images

Examples:

Example 1



Example 2



Example 3

