

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. Gather 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 3



Example 2

