

Create Your Dreams Vision Board

Crafts | Collages



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WHAT MAKES IT MEANINGFUL

Vision boards are a fun and engaging way for you to visualize your hopes and dreams for the future. This might include where you would like to travel in the future, where you see yourself and your relationships in the future, or any long-term goals. It encourages us to think deeper about what truly matters to us in life and where we might see ourselves 10 years down the line. So, no need to focus on what is realistic because there is no such thing!

TIME

- A minimum of one hour. More time may be needed depending on how much detail you would like to add.

MATERIALS

- Either a poster board/canvas
- Scissors
- Glue
- Magazines/printed images
- Markers
- Stickers
- Any kinds of decoration you want to include (e.g. natural materials like leaves or flowers, glitter, gems etc., embrace your creativity!)



Vision Board

INSTRUCTIONS

1. Gather your materials in a comfortable space
2. Think about your future: what do you want to do, see, or become?
3. Look through magazines/printed images to find visuals, words, or phrases that align with your personal life goals.
4. Once chosen, use your pair of scissors to cut each image out.
5. Arrange and glue the cutout images on your board in any way you like (it is okay if they overlap there is no wrong way!).
6. Finally, decorate it with drawings, stickers or any decorations that you like.
7. Once finished, place it somewhere you can see it often as a reminder of your dreams (e.g. your bedroom wall across from your bed).

SUPPORTS NEEDED

- Depending on the individual's level of support may vary. Feel free to ask a friend or guardian for help with cutting images or assisting in arranging materials.