

Vision Board Exercise

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Objective

Cutting out images from magazines, creating a vision board allows the mentees to imagine what their lives can look like in the future. This lesson is a precursor to goal setting (at first a dream or vision... then a plan).

Materials

- Poster board (8x10 or 11x14, one for each mentee)
- A variety of magazines with pictures (be careful to not have magazines with sexually suggestive images)
- Colored markers and crayons
- Scissors and glue sticks (one pair of scissors and one glue stick for every other mentee)

Time Required:

30 to 60 minutes

Instructions

1. Mentors gather their groups and give each member a poster board.
2. Distribute magazines and scissors and glue sticks, as evenly as possible.
3. Tell the mentees that this is a chance to dream or create a vision about their future. Ask them to cut out and paste images that represent what they want in life; what they want to do; where to live; houses, cars and other material goods, etc.
4. They can use images, and they can also label their work with a marker, if they wish.
5. Give them a 3-minute warning to finish up.
6. When they are done have them share to others in the group.

Debrief

1. How was this exercise for everyone?
2. Do you think everyone wanted about the same things?
3. This is an exercise to get you thinking about what you want to be, where you want to live, and the things you want in your lives. This is called "your vision." A vision is close to a dream. Whether a vision or dream, to attain it you need a plan. There is a saying, "a goal is a dream with a plan," and so in future lessons, we will help you set your goals so that you can reach your dreams.