

# Vision board

A vision board is a collage of images, words, and whatever other visual prompts that represent what is it we want to do, be, and accomplish in life.

Vision boards began as a tool used by facilitators and life coaches to help people clarify and focus on specific goals. The idea is that a visual expression of our goals can serve as a powerful reminder amidst busy days and distractions of what we want to achieve, and why.

As young leaders and activists, vision boarding can be a great way to begin mapping our activist journey.

Over time, vision boards serve as inspiration. No matter what happens during any given day, a vision board is a constant reminder of where we intend to be. Because it appeals to both conscious and subconscious levels, a vision board can work wonders toward keeping our attention on our intentions, and ultimately, our activist journeys headed in the direction(s) we've chosen.

## EXAMPLE:

It's one thing to say "I want to work to protect the environment." A helpful and powerful step toward this goal is to create a vision board featuring:

- clippings of news articles that have motivated you to act
- photos of the endangered species you care most about
- actual scraps of stray plastic bags you've collected from the street or park
- pictures of the decision-makers you hope to influence
- quotes from environmentalists you admire
- copies of weather forecasts that so clearly illustrate global warming
- notes to yourself!

The sky's the limit with a vision board. You don't even have to finish it in one shot — add to it over time, let it evolve as you do, allow your experiences to shape who and what you are becoming ...

Tip: Take a digital photo of your vision board and share on [thinkbigstartsmall.ca](http://thinkbigstartsmall.ca).

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