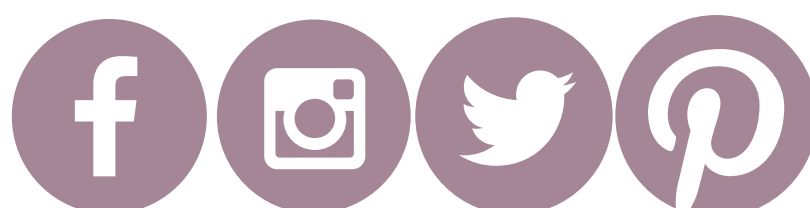
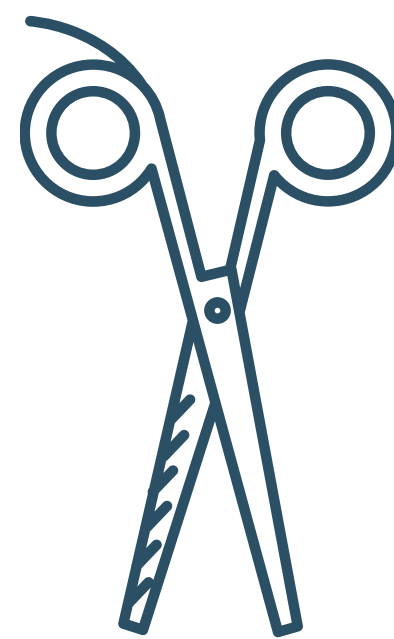
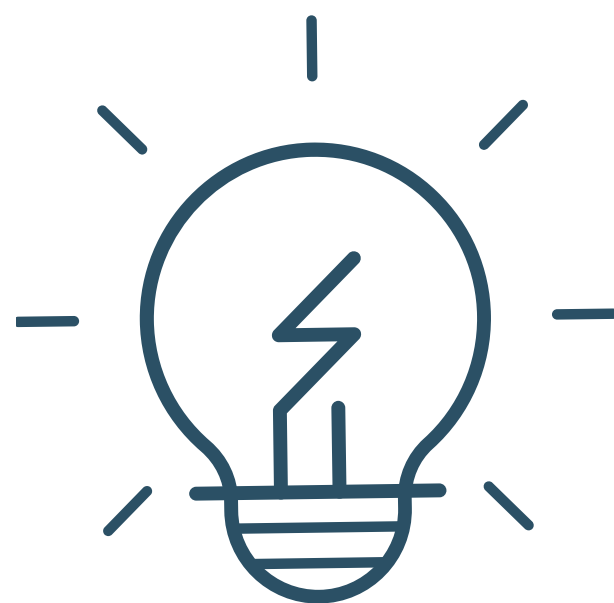
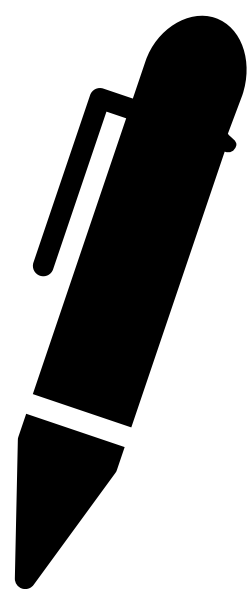




UNLEASHING FULL POTENTIAL THROUGH
CONFIDENCE & SELF-ESTEEM

VISION BOARD WORKSHOP



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VISION BOARDS

VISION BOARDS ARE VISUAL REPRESENTATIONS OF YOUR HOPES, GOALS AND DREAMS. THEY HELP YOU VISUALLY EXPERIENCE WHAT YOU WANT TO DO, WHERE YOU WANT TO GO, WHO YOU WANT TO BE AND HOW YOU WANT TO FEEL. RESEARCH HAS PROVEN IF YOU CAN VISUALLY SEE A GOAL, YOU ARE MORE LIKELY TO ACHIEVE IT!

THEY TRAIN YOUR SUBCONSCIOUS TO RECOGNIZE NEGATIVE THOUGHTS AND HELP YOU CHOOSE A PATH THAT PUTS YOU ON TRACK WITH WHAT YOU WANT MOST WHEN FACED WITH DECISIONS.

WORKBOOK CONTENTS

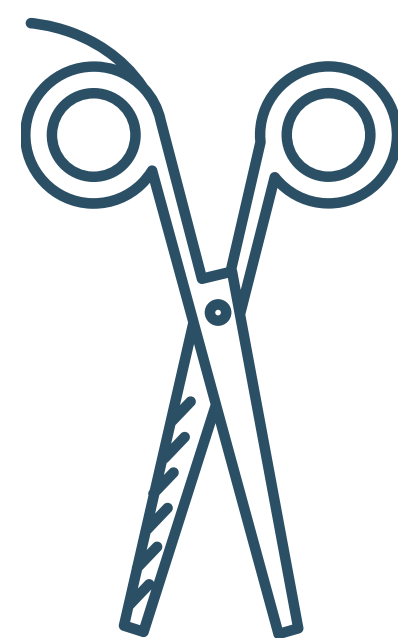
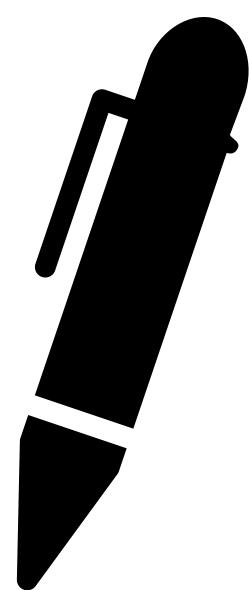
GOALS & VISION
WORKSHEET EXPLANATIONS ③

GOALS, VISION & SELF
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GOALS & VISION WORKSHEET EXPLANATIONS

Below is the breakdown of each category in the GOALS & VISION WORKSHEET. The trick is to not spend too long thinking of your goal for each category; write down the first one or two goals that comes to mind. Use the blank space for any other goals you have!

MY WORD OF THE YEAR

Having a word or phrase of the year isn't mandatory, but can be very beneficial in times of need. Think of your word or phrase as something you can relate back to in all circumstances.

For example: If something positive were to happen, you can relate it to your word or phrase. If you experience a setback or something negative, you can also relate to your word or phrase. Having this word or phrase can act as a backbone or grounding method and help you throughout the year.

SCHOOL

What goals do you have in the next year that are related to school?
ACTIONABLE STEPS = What needs to happen in order to achieve this goal.

SELF CARE

What do you need to do in order to feel like yourself again?
Think of this section as how you take care of your mental health.
ACTIONABLE STEPS = What needs to happen in order to achieve this goal.

FINANCIAL

Financial goals will mean something different for each person. What are your financial goals?
ACTIONABLE STEPS = What needs to happen in order to achieve this goal.

HEALTH

What goals do you have that relate to your physical health?
ACTIONABLE STEPS = What needs to happen in order to achieve this goal.

CHARITY

Charity goals can be your volunteer goals, donating of items you no longer need, creating a fundraiser for a cause important to you, or simply monetary donations. You can get creative!
ACTIONABLE STEPS = What needs to happen in order to achieve this goal.

ORGANIZATION

What goals do you have to get organized? Think about all aspects that need organizing.
ACTIONABLE STEPS = What needs to happen in order to achieve this goal.

RELATIONSHIPS

How will you strengthen and build your relationships?
ACTIONABLE STEPS = What needs to happen in order to achieve this goal.



GOALS & VISION WORKSHEET

MY WORD OF THE YEAR

SCHOOL

GOAL:

ACTIONABLE STEPS:

SELF CARE

GOAL:

ACTIONABLE STEPS:

FINANCIAL

GOAL:

ACTIONABLE STEPS:

HEALTH

GOAL:

ACTIONABLE STEPS:

CHARITY

GOAL:

ACTIONABLE STEPS:

RELATIONSHIPS

GOAL:

ACTIONABLE STEPS:

ORGANIZATION

GOAL:

ACTIONABLE STEPS:

GOAL:

ACTIONABLE STEPS:

GOALS & VISION WORKSHEET

PRIORITIES I WILL
REMEMBER

I WILL MAKE
MORE TIME FOR

I HAVE ALWAYS
WANTED TO DO THIS,
BUT HAVEN'T HAD
THE COURAGE

HOW I WILL FEEL
IN THE NEXT 6
MONTHS

CHARACTER TRAITS
I'D LIKE TO BE
KNOWN FOR

THINGS THAT BRING
ME HAPPINESS

WAYS I CALM
MY MIND

SPACES I FEEL
MOST CALM

HOW TO MAKE A VISION BOARD

The important thing to remember is that there is no right or wrong way to make a Vision Board. Vision Board's are visual representations of your hopes, goals and desires. They help you visually experience what you want to do, where you want to go, who you want to be and how you want to feel. Research has proven if you can visually see a goal, you are more likely to achieve it! One thing that's often forgotten when creating a Vision Board is that it is supposed to spark joy and remind you of happy memories. We'll get into this a little later when we talk about how to USE your board. For now, let's get started on the fun part - MAKING your board!

SUPPLIES NEEDED

Physical Board

Scissors, tape and/or glue
Magazines / Your own photos / Online photos
Any size foam board or canvas

Electronic Board

Your own photos / Photos found online
Paste photos into editing app of your choice
Save final collage to your phone or print a copy

LET'S GET STARTED

The first step in making your Vision Board is to collect a stock pile of pictures, backgrounds, words and phrases that speak to you. When browsing through magazines or online, cut out/save/print items that spark an emotional connection, remind you of happy memories, relate to your goals, have your word of the year, or are simply just aesthetically pleasing. You may also want to add photos of your loved ones, ticket stubs, receipts, brochures or future trip plans.

Couple Things to Consider:

- Do you connect more to colour or monochrome?
- Do you connect more with just words, just photos or a mix of both?
- Do you want a full board with no background or a less full board with the board background showing?
- Be sure to also add items that help you think of past happy memories.

More Tips:

- If you want to have a full board, look for large pieces for your background, regardless if they are directly related to your goals or even your memories.

Examples:

- *Are you really into a specific colour right now? Rip it out to have as your backdrop.*
- *Are you someone who feels at peace outdoors? Rip out nature pieces for the background.*

Don't worry, this doesn't mean you want to quit your job to live in the woods - It's just a peaceful backdrop!

- Is a photo with people in it making you feel disconnected from yourself?

Covering their eyes with a word or another photo can help eliminate you connecting to that person and put yourself in their position. This can also help when it comes to visualizing later on.

Putting it Together:

Everyone's board will look completely different, and that's the beautiful part! This is where your personality has it's chance to shine! Here are some tips to consider when it's time to put it all together.

- Do you want to keep your pieces organized like the categories on the worksheets or do you want them to be intertwined?
- Lay out all of your pieces on your board before gluing or taping down. You may end up rearranging things multiple times!
- If you have to pack up your board before securing pieces down, take a photo of it laid out so it's easy to put back together.

AND THAT'S ALL! YOU GOT THIS! LET'S GET CRAFTING!

(But just in case you need some ideas, there are a number of examples on the next page)

HOW TO USE A VISION BOARD

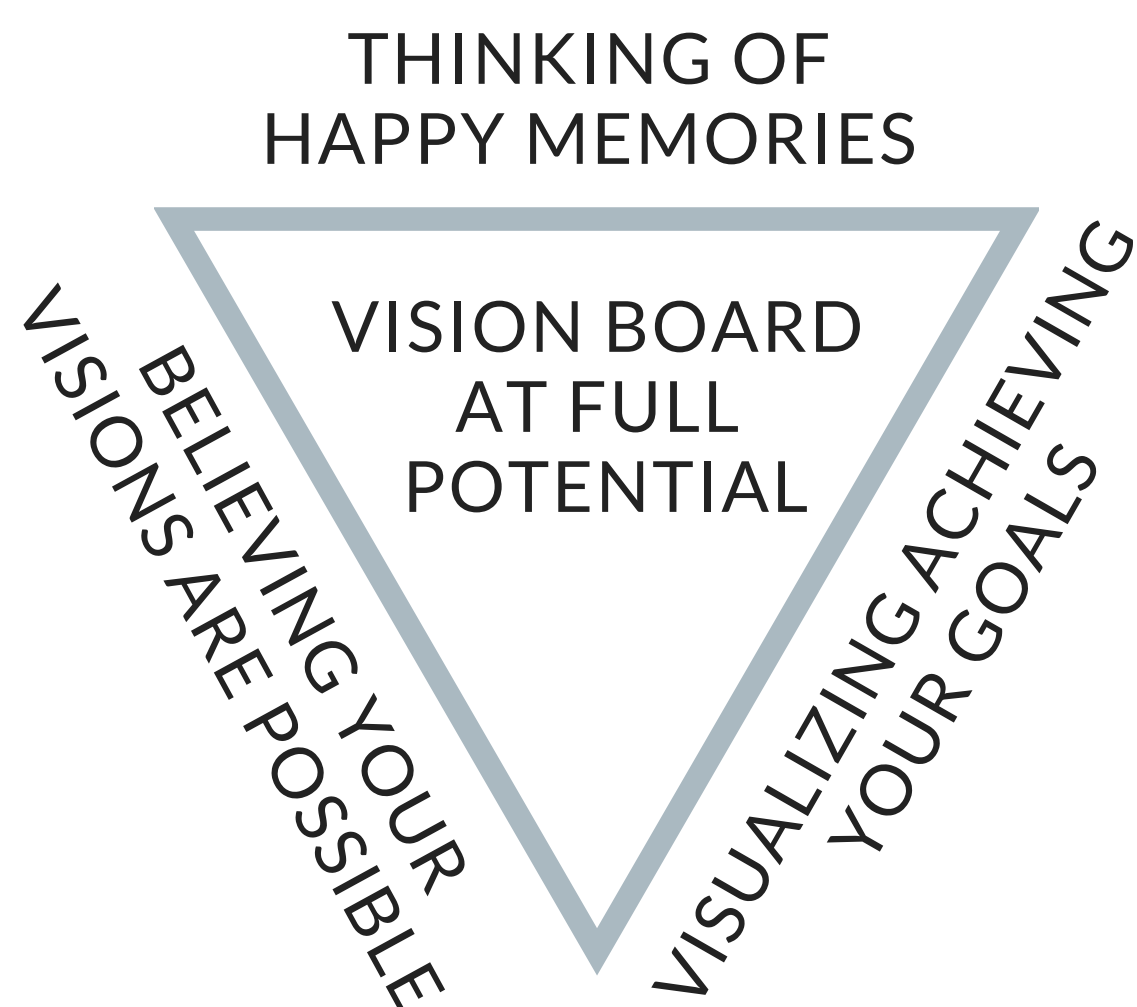
So, you've finished the worksheets, created the most beautiful, inspiring, and aesthetic Vision Board, now what? Actually USING your Vision Board to it's full potential will take some time and practice. So let's dive in!

Connecting to your board will look and be different for every person.

Connecting means bringing three things together to optimize your visualization power. If you only use your Vision Board as art on your wall and don't work towards creating a connection, the board will not serve it's purpose.

Studies have proven visualization impacts cognitive processes in the brain like motor control, perception, planning, and memory. It's been found that mental practices can enhance motivation, increase confidence, self-efficacy and improve performance. The more exposure and practice with your Vision Board, the quicker you will be able to interrupt negative thought patterns. When faced with a choice, your subconscious will already be prepped from visualizing, to naturally choose the option to bring you more towards your goals. Let's take a look at the triangle below.

VISUALIZATION TRIANGLE



1. Thinking of happy memories.
2. Visualizing achieving your goals.
3. Believing your visions are possible.

Combining all three = Helps you use your Vision Board to it's full potential!

Now, don't get overwhelmed! Remember, this will take a lot of practice and trial and error.

You'll want to place your board somewhere you'll see every day and somewhere calm or a space you can relax in.

Do you focus best while listening to music or silence?

Do you enjoy aromatherapy? Are you a morning person or night owl?

This is the process that will be unique to each person.

HOW TO USE A VISION BOARD

STEPS TO VISUALIZING

1

While connecting to your Vision Board, you'll want to get into the head space that allows you to relax, while thinking of past happy memories.

Tips to help:

*Do you have items on your board that are helping spark those memories?
Is there certain music you can relate to moments?*

2

After you've brought up your happy memories, take that feeling and bring it with you while you visualize all of your goals coming true.

Tips to help:

*How will it feel when you achieve your goals?
Visualize what that will it look like and feel like.*

3

Now that you're in the head space, the last step is believing your visions will come true. You may be brought to tears - Don't worry - That's a good thing! And if tears never come - That's OK too! It can't be said enough : This process looks different for everyone.

Tips to help:

Don't be discouraged if you don't feel like something is "happening" on your first couple tries at visualizing. Just like everything, practice makes things easier!

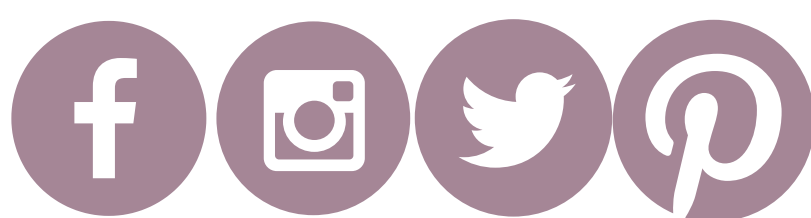
If you're feeling zero connection after trying these three steps, change up your routine and try again. Try changing what you're listening to or not listening to, the time of day, the ambiance you're in, how long you sit with your board, etc.



*All you have to do now, is begin! You got this!
Happy Vision Boarding!*



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