

## Vision/Action Boards!

Think of a vision board as a Pinterest board, but IRL!

A vision board is a physical representation of a goal or goals that you're aiming to achieve. It is a collage of items that are meant to kick start your imagination and help you visualize those goals. When you hang it in a space where you see it daily, your vision board brings your goals and aspirations to life.

[Apply for an Israel Grant for the supplies for this class.](#)

(Grant funds can be used to purchase virtual gift cards for supplies and snacks)

### What you will need?

- 1) A board to glue your items on. Don't worry about getting something specific, almost anything will work.
- 2) Pictures. From magazines and/or printed off the internet. The more magazines you have available, the better because it will give you choices.
- 3) Affirmative sayings and quotes. Once again, magazines and the internet are useful here! You can also handwrite messages or quotes from books with colorful paper and markers.
- 4) Construction paper, tissue paper, glitter, stickers. Anything that's colorful, really
- 5) Random trinkets that make you happy. Feathers, bookmarks, inspirational notecards from your best friend. Anything really!
- 6) Markers, pens, crayons, colored pencils, paint brushes.
- 7) Scissors or an exacto knife.
- 8) Glue sticks, paste, tape, pushpins, rubber cement, you name it.

## Let's do this!

- 1) Get your space ready (kitchen table, kitchen counter, or desk)
- 2) Work on your *Kavannah*/Intentions. Ask yourself: What do I want? What do I need? What do I value? Write Your "Action List", a list of the small things you can start working towards your goals or living out your intentions right now.
- 3) Find your Images and words. Go through your magazines and cut out images or phrases that appeal to you. If you have something specific in mind, and your magazines aren't giving you what you need, print from the internet. There are no set rules to follow, as long as it makes you feel good and represents what you want you want to focus on. Make a pile of all of your cutouts together.
- 4) Paste or adhere your items to your board. Go through your pile and look specifically for those items that invoke your strongest positive feelings, or best represent your intentions, and start arranging them on your page.
- 5) Display your board in a prominent space.



## בתאבון !

