



PROJECT IDEA

Positive Affirmation Vision Board By Linda Rosen

The Positive Affirmation Vision Board is a project where students create a board filled with positive messages, visions, dreams, and kindness goals. They can use images and text from magazines, online, and personal pictures that helps them be creative in visualizing their future.

HOW TO

1. Gather poster board, magazines, and any pictures or print outs.
2. Cut out words, images, and colors from the magazines that speak to you and help you visualize your goals on paper.
3. Glue pictures onto the poster board.
4. Add on pictures of yourself to make your goals feel even more real and attainable.
5. Add on words that apply to your vision (i.e. HAPPY, WORTHY, HEALTH, JOYFUL, LOVE, etc.).
6. Use markers, colored pencils, or pens to add color and creativity.
7. Hang the board somewhere where it will be seen daily to inspire you to live in alignment with your goals.



ITEMS NEEDED

1. Personal pictures/ pictures representing your goals (optional)
2. Printed words representing your goals (optional)
3. Colorful writing utensils (markers, colored pencils, pens, etc.)
4. Scissors
5. Glue