

# Vision Board

## Setting Personal Goals and Describing Your Vision

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### Why Create a Vision Board?

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- they are simple and powerful
- they create a clear image of what success looks like for you

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### How to Create a Vision Board

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- there is no right or wrong way
  - start by thinking about goals
  - think about goals related to yourself, your family, your career, education, health, wealth, relationships, etc.
1. List your brain-stormed goals in Chart 1.
  2. Review your list and indicate the number of years it will take to achieve that goal (ex. 1, 3, 5, or 10 years)
  3. Circle the top 3 goals for year 1 and the top 3 for year 3.
  4. Write a paragraph for each of these 6 goals in Chart 2, focussing on how your life will be different once you achieve these goals.
  5. Start collecting images (from magazines, Google Image or clipart, etc.) that represent some or all of your goals. Be as creative as you wish.
  6. Find some inspiring quotes that capture what you are feeling when you think about your goals.
  7. Put it all together on an 8 ½ X 11 or 11 X 16 sheet. You can choose to keep the original and submit a photocopy.
  8. Submit Chart 1, Chart 2, your paragraph (good copy, typed) and the Vision Board - stapled in the top left corner.

Goals should be **S.M.A.R.T.**

Specific

Measurable

Attainable

Realistic

Time-framed



Year	Goal	How your life will be different once goal is achieved
1		
1		
1		
3		
3		
3		

## Assessment Rubric

Categories	80 - 100 Level Four	70 - 79 Level Three	60 - 69% Level Two	50 - 59% Level One
Knowledge (Paragraph)	Demonstrates thorough understanding of paragraph form	Demonstrates considerable understanding of paragraph form	Demonstrates some understanding of paragraph form	Demonstrates limited understanding of paragraph form
Thinking (Chart 1 and 2)	Generates ideas, gathers information and organizes with a high degree of effectiveness	Generates ideas, gathers information and organizes with considerable effectiveness	Generates ideas, gathers information and organizes with some effectiveness	Generates ideas, gathers information and organizes with limited effectiveness
Communication (Paragraph)	Expresses and organizes ideas with a high degree of effectiveness	Expresses and organizes ideas with considerable effectiveness	Expresses and organizes ideas with some effectiveness	Expresses and organizes ideas with limited effectiveness
Application (Vision Board)	Applies information to a creative, insightful media project that is neat and well - organized. Board has a coherent, unified message.	Applies information to a creative media project that is neat and organized. Board has a unified message.	Applies information to a media product that is somewhat organized. Board has a message that is somewhat unified, but may contain unrelated content.	Media product shows limited organization. Board contains information and images that are distracting and unrelated to assignment.

Overall Mark \_\_\_\_\_

**Comments:**