

THE NEW ERA OF VISION BOARDING YOUR DREAMWALL



1
Gather your vision boarding kit and find images and objects that represent your vision.



2
Take some time to clarify your vision by using our prompt questions that will lead you to discover the most important areas of your life to goal set.



3
Begin designing, have fun and create. Your layout should inspire you. This process is part of developing a clearer, more detailed vision for the future to keep you motivated and on track.



4
It's finally time to place your vision board. Choose a place that makes sense for you. Study it closely and do what you can to bring those dreams to life. Remember, life can change direction at any moment, so think of your vision board as a living thing and make changes to it when you need to.

YOUR DREAMWALL

VISION BOARD WORKSHOP

RUN OF SHOW

First 10 Min

Hosts waits for participants to join, greeting them upon arrival. Host will walk through introductions and icebreaker.

Next 15 Min

Host will guide participants through a meditation session.

Next 40-55Min

Participants will do some journaling and reflection using our kit cards before they start crafting their vision board. Once everyone is finished, hosts gives time for those who would like to share their vision board.

Final 10 Mins

Hosts takes final Q&A, takes a screenshot or in person community picture and wrap up workshop.

