



Introduction (5 minutes)

Read the following introduction and answer the questions that follow:

Welcome to Creating a Personal Vision Board for Future Planning and Success! As a 14-year-old student, you are at an exciting stage of life where you are beginning to explore your passions, interests, and future goals. Creating a personal vision board is a powerful tool for visualizing and achieving your future goals.

1. What are your thoughts on creating a personal vision board?

2. What do you hope to achieve by creating a personal vision board?

Understanding Your Goals and Aspirations (15 minutes)

Answer the following questions to help you understand your goals and aspirations:

1. What are your short-term and long-term goals?

2. What are your strengths, weaknesses, passions, and interests?

3. What kind of person do you want to become in the future?



Activity 1: Brainstorming (10 minutes)

Take 10 minutes to brainstorm and write down your thoughts, ideas, and goals. Use the following questions to guide you:

- What do I want to achieve in my life?
- What are my values and priorities?
- What kind of relationships do I want to have with my family and friends?

Creating Your Vision Board (20 minutes)

Use the materials provided to create your vision board. Remember to include images, words, and colors that reflect your goals and aspirations.

Materials:

- Magazines
- Scissors
- Glue
- Markers
- Colored pencils

[Space for creating vision board]

Activity 2: Designing Your Vision Board (20 minutes)

Use the materials provided to design your vision board. Remember to include images, words, and colors that reflect your goals and aspirations.

Design Tips:

- Use a variety of colors and images to make your vision board visually appealing.
- Include words and phrases that inspire and motivate you.
- Make sure your vision board is easy to read and understand.

[Space for designing vision board]

Reflecting on Your Progress (10 minutes)

Take 10 minutes to reflect on your progress and write down your thoughts and feelings. Use the following questions to guide you:

1. What have I learned about myself and my goals?

2. What challenges have I faced, and how have I overcome them?

3. What changes will I make to my vision board to reflect my progress?

Activity 3: Reflecting on Your Progress (10 minutes)

Take 10 minutes to reflect on your progress and write down your thoughts and feelings. Use the following questions to guide you:

1. What have I learned about myself and my goals?

2. What challenges have I faced, and how have I overcome them?

3. What changes will I make to my vision board to reflect my progress?

Conclusion (5 minutes)

Read the following conclusion and answer the questions that follow:

Creating a personal vision board is a powerful tool for visualizing and achieving your future goals. Remember to review and update your vision board regularly to reflect your progress and changes in your life.

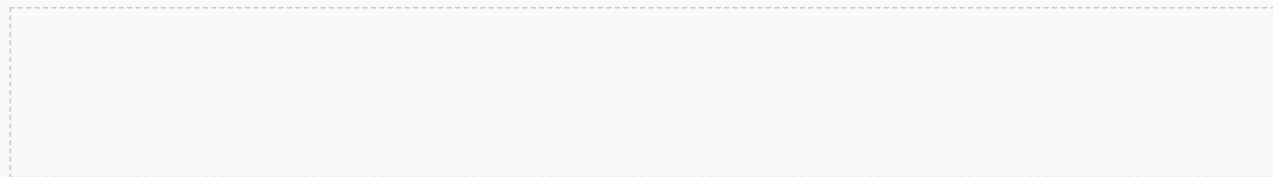
1. What did you learn from creating your personal vision board?

2. How will you use your vision board to achieve your goals?

Additional Resources (5 minutes)

Use the following resources to help you achieve your goals:

- Vision board templates
- Goal-setting worksheets
- Inspirational quotes and images



Note to Teachers (5 minutes)

Use the following tips to help your students achieve their goals:

- Encourage students to share their vision boards with the class and provide feedback and support.
- Provide additional resources and support to students who need it.
- Encourage students to review and update their vision boards regularly.

