



Navigating the Green Path

Personal Vision Board Workshop



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Duration

90 minutes

Materials:

- Magazines, newspapers, or printed images
- Poster boards or large paper sheets
- Scissors and glue sticks
- Markers, pens, and colored pencils
- **Optional:** Access to computers or tablets for digital vision board creation

Goals:

- To encourage self-reflection and clarity about personal career aspirations and life goals.
- To enhance creative expression and visualization skills which are important for personal goal setting.

Why Do This Exercise:

Creating a vision board is a powerful tool for motivation and visualization, helping participants to articulate and visualize their career and personal goals. This exercise facilitates a deeper understanding of one's desires and aspirations, which is crucial for personal development and career planning.

Instructions Step by Step:

- **Introduction to Vision Boards:** Start with a brief discussion on what vision boards are and how they can be used as a tool for goal-setting and motivation.
- **Goal Setting:** Guide participants to reflect on their career aspirations, personal development goals, and other life objectives. Encourage them to think broadly about areas such as skills they want to learn, positions they aspire to, and personal milestones they aim to achieve.
- **Collection Phase:** Participants browse through magazines, newspapers, and online resources to find images and words that resonate with their goals and aspirations.



- **Board Creation:** Using the materials gathered, participants create their vision boards by arranging and gluing images and texts onto their poster boards, illustrating their personal and professional aspirations.
- **Sharing and Discussion:** Participants share their vision boards with the group and discuss what each element represents. This is an opportunity for them to articulate their goals and receive feedback.
- **Reflection:** Conclude the workshop with a reflection session where participants think about how the activity has impacted their understanding of their own goals and how they might achieve them.
- **Continued Engagement:** Encourage participants to place their vision boards somewhere they will see them regularly to keep their goals fresh in their minds and to continually inspire motivation.

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