

Objectives:

The participants will:

1. Reflect on goals for themselves for a set point in the future
2. Use the art form of collage to manipulate materials and create artwork that symbolizes those goals and visions

Audiences:

This activity can be used by any age group. Counselors/therapists may adapt this activity for those who are battling depression, addiction, PTSD or other issues.

What is a Vision Board and Why is it Important?

A vision board is simply a board of any size which has pictures, words and other items collaged onto it. The purpose is to create a picture or vision of what you want to attract into your life—this could be where you'd like to visit or live, changes you'd like to make to your existing environment or life, or how you'd like to feel. Displaying your vision board where you will see it every day will help you “tune your brain”, similar to a radio signal, to remind yourself of the goals you have set as you go about your busy life! Visuals are powerful as they tap into your subconscious more than words. I really like to use a combination of visuals and words as the words will also help increase the emotional response. I usually keep my vision board in my bedroom so I wake up to it every day. Remember you don't have to do this alone. You can invite your family and close friends to take part.



Materials/Supplies:

- Thick card or poster board of any size.
- Magazines of all kinds (you never know where your visions will be found)
- Collage glue mixtures, glue sticks, glue guns
- Music – something restful to help your mind be quiet and open



Note: Prior to beginning this project, it may be helpful for the facilitator to review the methods of creating art using Collage by visiting the lesson “Introduction to Collage” found in the “Art Bridges” Project.

Prior to Beginning:

- Put on some uplifting or relaxing music and breathe deeply.
- If you can find yourself a space where you won’t get interrupted or work with friends, even better!
- Close your eyes and focus on what you would like to invite into your life. Set the intent for the activity.

Types of Vision Boards and how to create them:

- 1) “The Inviting, Allowing and Opening” Vision Board: Create this vision board if...
 - You are not sure what you want yet
 - You need to lift your spirits after a time of feeling down
 - You know you want to make a change but are just not sure how to do that

Getting Started: Go through magazines and simply tear out images and words that speak to your heart. Don't ask "why" yet but continue to collect the images and words. Once you are done with collecting, look through what you have gathered and ask yourself what this image or word might mean for you. If you are not 100% sure but really like a particular image or word, you can still include it on your board. The answer will present itself soon enough so let your heart and intuition guide you.



2) "I know what I want in my life" vision board: Create this vision board if....

- You know what you want to invite into your life
- There are clear things you want to manifest in your life
- You want to change your current situation, environment and surroundings

Getting Started: Go through your magazines and look specifically for images and words you know you want to manifest or bring into your life. i.e. "I wish to live in the country and have a veggie garden" – look for images of vegetables, countryside and all things relevant.

3) The Themed vision board or "Mood Board": Create this vision board if.....

- There is a particular area of your life you are looking to work on – your career, health, etc.
- A big event is coming up, like planning a wedding, party or holiday
- You are planning on redecorating your home or buying a new wardrobe of clothes and want to collect inspiration

Getting Started: As above, go through and choose images and words aligned with your theme. This can also be very much like a design mood board.

How to Create Your Vision Board:

Once you have decided what kind of Vision Board you'd like to create (see above)

1. Go through your magazines and start collecting images and words that resonate with you (don't glue anything yet!). Don't rush--this is a powerful exercise to attract your visions. Then grab the images and words you have collected.
2. Start to go through your images and lay them out on your board. This is highly intuitive part of the exercise so feel free to move them about and take out ones that no longer feel right--you may see a theme starting to emerge.
3. First, position a photo of yourself right in the center, smiling happily to show the expression when all these things come true in your life.
4. When you are ready, start to glue your images and words onto the board. You can also draw and add additional words you print out yourself as you build your imagery.
5. When you feel like you have completed your board, hang it somewhere prominent for you to see every day. There's no right or wrong here—just go with your instincts and be open – this is the most important thing. You may be surprised with what comes out!

Plan in Action:

Retha Knapp (Team Leader and Peer Support Specialist) and her colleagues at CenterPointe of Lincoln, NE adapted this plan for use with their clientele. The mission of CenterPointe (www.CenterPointe.org) is to “*help provide pivotal treatment and services for people experiencing homelessness, mental illness and addiction.*” Retha shares: “This project was well-received and enjoyed by the consumers. Those who feel they do not have an artistic talent have appreciated the ideas.”

*Heartfelt thanks to **Louise Gale** who graciously gave permission to Hildegard Center to re-post this activity from her website <http://www.louiseqale.com>. Louise is mixed media artist who loves color, nature and positive energy, and living*

her passion daily by helping others gain creative confidence through resources and courses she offers. Currently living in Spain, Louise is fully trained in the Core Energy Coaching™ process. To learn more about Louise, her work and her art, visit her website, Facebook: <https://www.facebook.com/LouiseGaleArtandDesign> or follow her on Twitter: [@louiseqaleart](https://twitter.com/louiseqaleart).

If you have used this activity, we'd love to hear from you! Please send questions or comments through our website www.hildegardcenter.org .

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