

Dream/Vision Board Assignment (in 2 parts!)

Part 1 – Creating a Dream Board (this assignment is creative!)

Due Week #6

Some sites to visit with regards to Vision/Dream Boards

- <http://christinekane.com/blog/how-to-make-a-vision-board/>
- <http://createyourdreamboard.com/dream-board/the-secret-to-living-a-great-life-is>

“When we’re trying to work towards our happiness and what we really want, it really helps to have something to visualize—whether it’s a new job, a new house, a great vacation, a goal, or something fun. A Dream Board makes your dreams physically present with you which in turn builds even more energy towards them. You’re saying “I want this and I can have it!” It is also a lovely reminder of all the things that are in the works for you and a wonderful way to snap into happiness by looking at them.”
(http://kimberlyp.zaadz.com/blog/2007/2/dream_board)

Selecting your images:

- Start by **searching the internet** (you can use Google) and printing off images that represent whatever it is you’d like to have. Also start looking in magazines and leaflets and cut out images you find there. Just flick through, as you would with a catalogue, selecting things that take your eye. At first just collect anything that triggers a “Yeah, I really want that in my life!” Later on you will work through what you have found and determine where it should go and whether or not it works for your board. Just gather them in one place and don’t be too concerned at this stage about whether they’re the right choices or things you REALLY want.
- Next, sit down and **write a shopping list** of the things you want. The reason for doing this after you’ve been through the first search is that if you look only for the things you’ve thought about, you may miss things that didn’t immediately come to mind at the time.
 - When you’re doing this don’t forget – *it’s not just material things* – the house, the car etc. it’s about things such as **health and happiness**, **great relationships** and so on; AND – *it’s about who you want to BE and what you want to DO* – not just in your own life but what you want to do for others too! Remember that giving is an important factor in what you get! Having said that, don’t just think you can give in order to get, it has to be unconditional!
- When you’ve completed this exercise, sift through the images and **place them into different piles depending on their category** –you need to be sure you’ve covered all the areas of your life – e.g. Health, Wealth, Relationships, Spirituality etc. Think about each item and decide which are the most relevant to your goals and dreams.
 - Be very clear, and use care in finding what represents what you want. “The *clarifications and intentions* behind what you put on your Dream/Vision Board are a critical part of the process because you *will* bring what is on the board into you life at some point. This is the “be careful what you ask for” disclaimer. It’s important to make sure you want what you’re asking for and that your intentions behind the dreams you put on the board mesh with your life and what you really want.” If the picture Doesn’t quite capture what you are going for, write on the board to clarify.

Vision Board:

- Find a photo of yourself and paste it centrally on your board. This is to remind you that these are things that YOU desire.
- Paste the remainder of your pictures on the board in a way that helps you see the things you dream/envision in your life.

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Course Assignment



Place your Board where you can see it regularly during the day and don't just take a cursory look - take time to really look at all of the images frequently during the day. Certainly make sure it's one of the first things you do in the morning, and the last thing you do at night. When you look at the images on your Board it's important that you imagine that these things are already yours! Really feel, smell, experience, touch, etc. as though you already have them.

Other Ways to do this Assignment!

For Your Vision Book:

You can stick your pictures, writings etc. onto sheets of paper – one or a number on each sheet, depending on the size. Then you can just staple the pages together. You may choose to keep categories together or randomized. If you prefer you can buy a blank notebook and just write, draw, & paste in your descriptions of the things you want.

For Your Vision Slide Show:

You can utilize Microsoft PowerPoint to generate a slideshow of your Vision Board. Each slide can be a category in your life (relationships, home, financial, etc.)

For Your Vision Webpage/ Photoshop Collage

Feel free to utilize other programs that allow you to create your vision board. They will need to be producible and provided to the instructor. In Photoshop it is possible to create your collage and print it at the Print Center, then post it on Presentation Board.

Part 2 – Response Paper

Paper/Present Board - Due Week #11

Write a 2 page paper:

- 1.5 inch spaced (instead of MLA 2 inch)
- 1 inch borders
- Times New Roman (font)
- Name/ Class / Date/ Assignment Title in the TOP RIGHT CORNER
- Complete English (no shorthand, chat language, or slang)
- Clear Introduction, Evidence or Specifics, Conclusion

TOPIC: After your board has been created, make a habit of taking a good look at it daily – perhaps each morning and evening before bed. Notice how you feel – what thoughts go through your mind. How do you change them into expectations and beliefs of things to come?

- Write about the impact of this assignment on your life perspective (school, relationships, career, living.)
- Did anything happen positively during the last few weeks, any personal changes or attitudes about your life?
- How was the experience of creating to vision board?
- Finally, chose three items on your board of real importance and write: “When I reach this goal, I will feel like ...”.