**Intro Leadership 9/10**

**Vision Board: Planning with Purpose**

**/20**

**Preamble**

Now that we have moved into a new decade (yes, yes, we can debate about that), it is time for you to reassess your vision and purpose. ***What*** do you want to accomplish this new year and ***how*** are you going to do this?

A vision board is simply a visual representation or collage of the things that you want to have, be, or do in your life. It consists of a poster or bulletin board with cut-out pictures, drawings and/or writing on it of the things that you want in your life or the things that you want to become. Creating a vision board can be a fun and creative way for you to become clear on your dreams and desires and transform them into reality.

We become what we think about and our lives are created from our thoughts. Unfortunately, we spend much of our lives thinking about what we don't want and often that is what we draw into our lives. One of the most powerful aspects of a vision board is that you create a visual representation of your dreams and desires helping you to put your attention on what you want to bring into your life.

What does a Vision Board Do?

1. helps us to become very clear about what we want.

2. makes your goals visible and keeps them in front of your eyes.

3. reminds you of what you want.

4. allows you to choose your goals.

5. reminds you of what you are working for.

6. keeps you in a positive mood - as you put your attention on it you

will feel yourself receiving what you desire.

7. allows you to create a purpose in life

**Assignment**

You have the full hour to get into your own space and create your vision board. This is due at the end of class, so use your time wisely. No one will see your vision board but you and me, unless you choose to show someone, or your health/safety is an issue.

<https://portal.ddsb.ca/class/b8npmu3/Lists/HandoutsandMaterials/Vision%20Board%202016.pdf>20

**Assessment**

**Content** - Your board must answer all the following questions in some way:

**What is important to you? (values)**

**Where do you hope to grow? (vision)**

**What are you going to do differently and how? (change)**

**How are you going to accomplish this? (action)**

**Creation** – Your board must include all the following visuals:

Visuals for each goal/vision/section

**Organization** – Your board must include all the following structures:

Headings/Subheadings

Deliberately Organized with thought and purpose

**Assessment**

You will be assessed on your depth, thought, and completion of all the criteria listed above/below.

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| --- | --- | --- | --- | --- |
| **Criteria** | **1 Emerging** | **2 Developing** | **3 Proficient** | **4 Extending** |
| Inclusion of areas (such as):  Emotions, Relationships  Education. Work, Skills  Passions, Interests | None or one | Two areas included | Three areas included | Several areas included |
| Relevance of Images  \*This would come from your explanation along with your Vision Board | Student can offer an initial explanation why he/she chose the images included | Student can offer a partial explanation why he/she chose the images included | Student can give a complete explanation why he/she chose the images included | Student can give a detailed, clear and sophisticated explanation  why he/she chose the images included |
| Inclusion of Key Words | None or hardly any key words included to identify goal areas | Some relevant key words included to identify goal areas | Relevant key words included to identify goal areas | Relevant key words included which clearly summarize goal areas |
| Comprehensive Coverage of Identified Goals \*Goals should be identified and evident in your Vision Board | Identified goals hardly covered | Identified goals somewhat covered in general manner | Identified goals mostly covered in detailed manner | Identified goals covered in extremely detailed, in-depth manner |
| Organization | Very little thought and depth put into layout | Some thought and depth put into layout | Complete thought and depth put into layout | Sophisticated thought and depth put into layout |