



## Create Your Vision

Goal: Introduce students to the power of visualization as a tool for reflection and actualization.

Help students create their own vision boards.

Lesson Duration (65-80 mins)

### Intro (10 mins)

#### Breathing Exercise (2 mins)

(Use potential prompts during breathing exercise to guide their visualization experience.)

Potential prompts:

*"I want you to close your eyes and imagine you are an older person"*

*What does your life look like in 1 year, 5 years, 10 years, 20 years?*

*"Imagine yourself 20 years from now?" "What do you look like?" "Who are you surrounded by?"*

*"What are you doing?"*

*"How did you get where you are"*

*What's your day like?*

*What is your weekend like? What are your weekdays like?*

*How do you want your life, career or business to be?*

*Visualize the process, not just the outcome. How are you going to get to where you want to be?*

*What does that look like?*

*Take the time to reflect on where you are in life as it is today? How do you feel?*

*-Project those things into the future along with new ideas about the actions you'd like to achieve*

#### What is Visualization?

Discussion questions:

*"Has anyone ever heard of the word Visualization?"*

*"What do you think it means?"*

*"Why would it be helpful to use when it comes to our dreams, and goals?"*

*"How could this help you achieve your dreams in the future?"*

### Vision Board Activity (45 mins) – Watch Jourdana's Video

#### What is a vision board?

*"We can visualize when we close our eyes, but you can also create a visual that you can see for yourself that we can look at when we need a reminder of what is important to us and what our goals are."*

- Show example vision board *"This is a vision board. It's a visual map/collage you create to design your best possible future." "Think about what you want to achieve or what you want your life to look like and write and place pictures that represent those goals."*
- Students sent to desk to start vision board. During the activity use additional prompts to assist their creative process.

Potential prompts:

*"Think about the people you look up to. Who are they? Why do you look up to them?"*

*"A way to get from A to Z but starting with Z"*

*"Think of images of the process not just the result/visualize the journey."*

*"What images make you happy or excite you?"*

*"Are there obstacles? What are they? How do you overcome them?"*

- ❑ Show Kobe Bryant Visualization Video - (15:33 onwards) → 22 minutes  
<https://www.youtube.com/watch?v=JkGCJP471NE>

### Discussion/Share & In-Class Presentation (10mins)

- ❑ Students who want to share their vision boards with the class get time to present.

### Wrap-Up & Reflection (Optional)

Name one thing you really enjoyed today.

One thing that could be better?

Name one thing you learned.

