

What is a Vision Board?

A Vision Board is a collage of images and text that represent your goals and values and can be used as a source of inspiration.

Step 1: Gather Materials

- Cork board or poster board
- Pins, thumbtacks, glue or tape (depending on the type of board you choose)
- Scissors
- Magazines, newspapers, catalogues to use to find images you like
- Photographs, postcards, brochures, old greeting cards, and any other memorabilia you like
- Quotes, sayings or affirmations that are special to you

Step 2: Write Down Your Goals for the End of Life

- Where do you want to be at the end of life?

- Who do you want to be with you?

- How do you want to be cared for medically?

- What do you want to experience with your 5 senses?

- How do you want to “be” emotionally/spiritually?

Step 3: Find Images and Quotes

- Search through your materials to find images, quotes, key words and phrases that represent each of your goals for the end of life
- Also look online and print out any images or quotes that are significant for you

Step 4: Create Your Board

- Glue or pin each image and quote to your board in any arrangement that you find appealing
- Add stickers, drawings, feathers, or any items that make your board special to you

Step 5: Display Your Board

- Place it in a location where you will see it every day

Step 6: Journal

- What **Action Steps** will it take to make these goals become reality?