

## EnVISION Your Future

Volume 3 | Gr. 9-12  
Time: 5 class periods

Developed with Stacey Stratton MA Ed

### Standards:

Write informative/explanatory texts to examine and convey complex ideas, concepts, and information clearly and accurately through the effective selection, organization, and analysis of content.

Conduct research to answer questions, including self-generated questions, or solve a problem; narrow or broaden the inquiry when appropriate. Synthesize multiple sources, demonstrating understanding of the subject under investigation.

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### Objective:

**Self-Management:** The ability to set and work toward personal and academic goals.

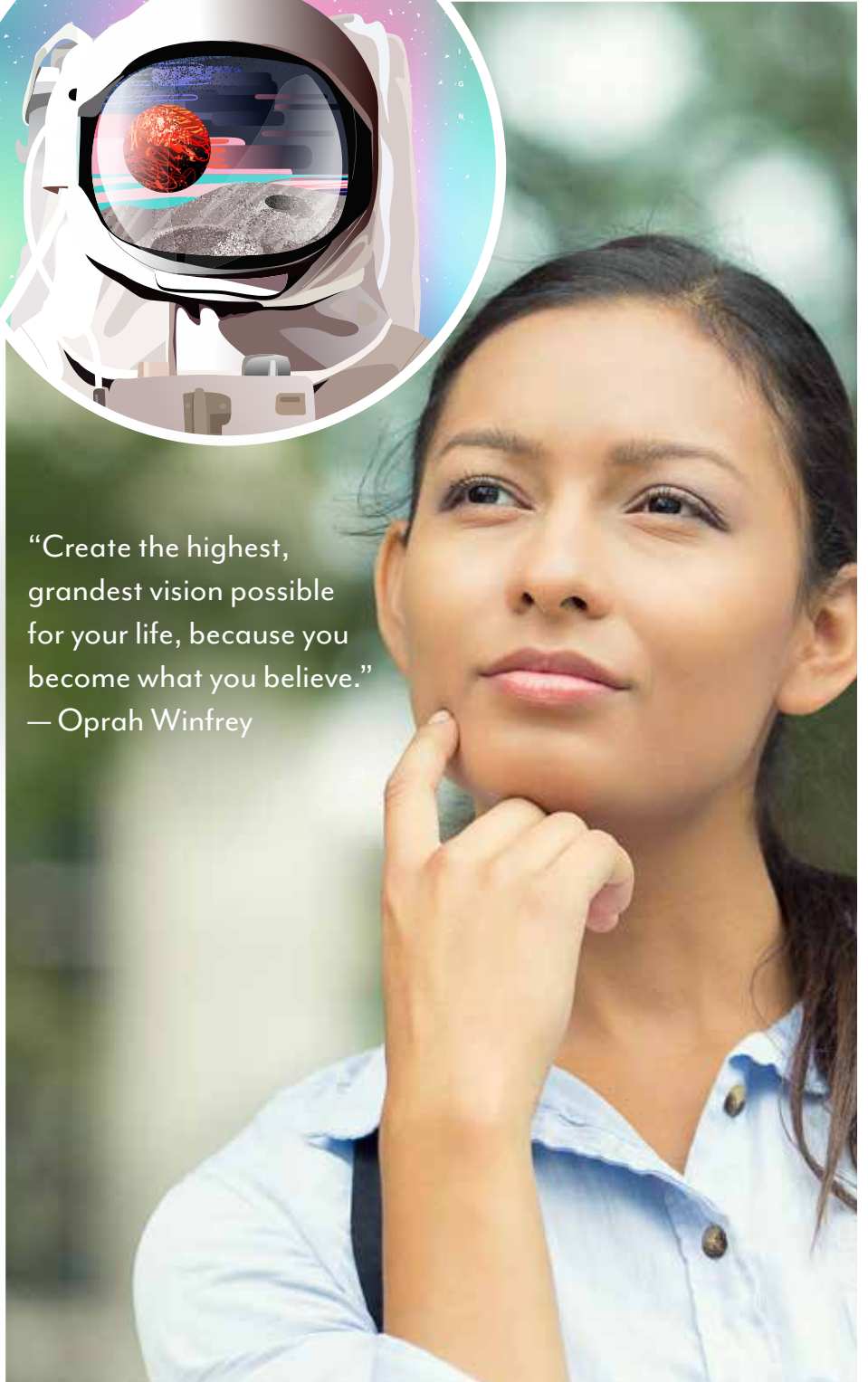
### Materials List

- Collage board ([9700711](#))
- Glue sticks ([9726016](#))
- Sharpie® marker ([9726841A](#))
- Nasco Artist's Coloured Pencils, Set of 36 ([9736642](#))
- Nasco Country School Markers, Set of 200, Fine Tip ([9727942](#))
- Drawing paper, approx. 10 sheets ([9700924](#))

### Additional Materials Needed:

- Pencil or pen for writing
- Scissors
- Magazines
- Access to computer and printer

“Create the highest,  
grandest vision possible  
for your life, because you  
become what you believe.”  
— Oprah Winfrey



# DO YOU EVER THINK ABOUT THE FUTURE?

I mean REALLY think about it. Who do you want to become? What are things that you want to do?

**Creating a vision board** helps you decide what you want, and it becomes a visual reminder to keep you motivated and focused toward achieving those goals.

Actually, many famous people believe in the power of visualization and using vision boards. They also credit the use of visualization in helping them achieve their goals and dreams.

They include:

- Arnold Schwarzenegger
- Denzel Washington
- Steve Harvey
- Oprah Winfrey
- Jim Carrey
- Katy Perry

**In this brainstorming activity**, you'll write at least 100 dreams and goals. This should cover both short- and long-term goals and can span from next month to years in the future.

They can be little things or big things. They can be goals that seem impossible or very practical. You decide!

Here are some examples:

- Read a book every week
- Graduate with honours
- Get a new car
- Become a nurse
- Make the basketball team
- Travel to Europe
- Get into college
- Save \$1,000
- Volunteer at the animal shelter
- Learn your family's history
- Help someone every day



**NEXT:** On a blank sheet of paper, start writing about what you'd like to see happen. Don't stop to think about how it will happen or if it possibly can happen. Just write what you would LOVE to see happen. Think about things that really matter to you, things that truly bring you joy, or things that make you stretch and grow. Don't stop till you have at least 100!

Here are some possible topics to think about:

- School
- Family
- Relationships
- Travel
- Career
- College
- Sports
- Finances
- Fitness

**REFLECT:** Choose what you want and why. Now that you have 100 goals and dreams, decide which ones mean the most to you.

Choose five that you'd like to see happen soon, and five you'd like to see happen in the future.

On a blank sheet of paper or on your computer, write two paragraphs for each of the 10 goals, answering the following questions. For some goals, you'll need to do research to find out more details about achieving that specific goal.

Why does this matter to you?

How will it make you feel to have it?

What do you think you'll need to do in order for it to happen?

What is one step you can start taking this week, towards getting it?

**DO:** Make a vision board. Start looking through magazines or online to find pictures, quotes, and words to represent the 10 goals you listed.

Cut out the items and position them on your board, but don't glue or tape them yet. Find words and pictures that represent how you want to feel.

Once you have all the items placed on your board, use tape or glue to fasten them to your board. You can also draw pictures and words.

Once you have your board created, be sure to look at it daily. Use it to motivate you on the tough days and keep you focused when making decisions.

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*Lesson Plans are developed with teachers with no claim of original authorship.*

"A clear vision, backed by definite plans, gives you a tremendous feeling of confidence and personal power." — Brian Tracy