

Vision Board

Vision Boards are created to help us focus on things we want for our future.

When we are in a difficult situation we can get so focussed on what is happening to us, that we can feel overwhelmed and 'stuck'. But if we can look beyond our situation and focus on where we want to end up, we can be motivated to keep going and overcome!

Choose one of the following scenarios, or come up with your own, then create a vision board focussing beyond the difficult situation and into the future. You can use pictures and words that have been printed, written, drawn, or found. It is your vision to overcoming!

Scenario #1

You have two really good friends, the problem is they don't really get along. When you hang out with one the other gets angry, so when you hang out with them the first one gets upset. You feel guilty and confused because you like hanging out with both of them but they constantly put your other friend down and try to make you choose them.

Scenario #2

You're in the middle of running the school cross-country. You've been training for a couple of months for this event because it's important to you that you qualify for the inter-school cross-country then the regionals, and hopefully beyond. You know you're about three quarters of the way through but by now your legs are like jelly, your chest is really tight, and you can feel blisters rubbing on your feet.

Scenario #3

Your teacher has just made the announcement that speeches will be happening in a couple of weeks. You've been dreading this. Talking in front of the whole class, with everybody staring at you, makes you feel cold and sweaty at the same time. You've tried to talk to your teacher about how you feel, but they aren't interested in letting you not do one. Even your parents are insisting you do your best.

Scenario #4

You've been playing your favourite team sport in the same team for years. A new kid has just moved to the area and they have joined your team. That's all good, but you suddenly find yourself playing in a position that you hate, while this new kid is playing in your preferred position that you have held for a few seasons now. You don't want to make a big deal about it to your coach, and your family says they'll support you whatever you decide to do.

To help you with creating your Vision Board answer these questions

1. How will I feel when this situation is resolved?
2. What will it look like when this situation is resolved?
3. Where could I find support along the way?
4. Which words or phrases could I tell myself when I'm struggling to stay focussed?
5. When this situation is resolved, what new skills will I have learnt?

Remember:
This Vision Board doesn't have to be a one off activity for school. If you find this helpful, it's something you could do with any situation you're going through.
A Vision Board is just one tool to help you be an **OVERCOMER!**

