

LESSON 7.3

How can I use visualization to achieve my dreams?

Module 7: Dream Design

LESSON ESSENTIAL QUESTIONS

 Students will create and present vision boards that represent four domains: personal, career, contribution, and adventure goals.

TIME FRAME

One 40-minute period. (Lesson three of four in this module)

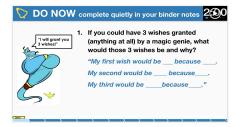
MATERIALS

- General: Speakers, LCD projector, laptop
- Vision Board Student Handout
- Vision Board Idea Handout
- Vision Board Sample
- Vision Board PPT. Slide Template

1

DO NOW





Possible Student Responses:

I'd wish for a million wishes because then I would have more than the three. I'd wish for a million dollars to buy a house for my mom and myself.

I'd wish for invisible powers because then I can go anywhere without getting caught. I'd wish for my parents to get back together, my dad to come home, etc.

Answers will vary greatly. Some students will state more imaginary, silly, childish and fun wishes and others will put deeper thought and have more meaningful responses. Let them respond as they want, but reinforce the concept of visualization by stating how many innovations sounded silly at first but began as visions.

2

FROM VISION TO REALITY



1 MIN



Lesson Essential Question:

How can I use visualization to achieve my dreams?

Have a student read the essential question. "_____, can you read the essential question for us? Thank you!" "Think about how this module will benefit your life?

Extension Opportunity: Have students discuss with their partners why this topic is important to them, predict what the lesson will be about, and discuss what they hope to learn.

3

ENGAGE: VISION BOARD



4 MIN



Teacher Tip:

In partners/groups analyze the sample vision board and answer these questions (2min):

- 1. What is a vision board?
- 2. How do you make one?
- 3. Why do successful people see this everyday?



FA1		
FΩI		D
FOL	LOW UI	P
FOL	LOW UI	P
FOL	LOW UI	P
FOL	LOW UI	P
FOL	LOW UI	P
FOL	LOW UI	P
FOL	LOW UI	P
FOL	LOW UI	P
FOL	LOW UI	P
FOL	LOW UI	P
FOL	LOW UI	P
FOL	LOW UI	D
FOL	LOW UI	D
FOL	LOW UI	P
FOL	LOW UI	P



WHAT IS A VISION BOARD?



What is a Vision Board						
What is it? A power reach their goals.	ul visualization tool succ	essful people use to help them				
for	ncludes specific images each goal and a short scription.	How do you make one? You can:				
V 10 W 11 C CONTRIBUTION	Pers Con	s 4 quadrants: and making onal, Career, magazine online. Collage				
6 6	Any series was assisted at a series of a s	print images and paste onto a sheet of paper draw and color your goals or make one on a powerpoint				

Teacher Tip:

What is it? A powerful visualization tool successful people use to help them reach their goals.

OUR TEACHERS VISION BOARD 4 MIN



Teacher tips:



As you share your vision board, discuss each picture and why it means so much to you to achieve that goal in that quadrant.

- Show specific pictures of your goals; this could include text to clarify a goal for example, an image of a person eating healthy, followed by a text stating, "lose 20 lbs by January, and run a half marathon"
- Communicate excitement for your goals
- Share where you keep your vision board so that you see it as much as possible.

6

OUR ULTIMATE DREAM LIFE





Teacher instructions: "This video clip will prepare us for our vision board creation experience. We will close our eyes for a minute and hear the instructions for this next task. Stay focused as the instructions will guide as to how to think about this experience."

1min:30sec Play video



FOLLOW UP					
FULLUW UP					

7

EXPLORE





Teacher Tip:

Circulate to see who is struggling. They can use the vision board ideas, sample vision board, or your personalized vision board as a teacher. Students can also turn and talk to a partner during the last minute of this exercise.

8

VISION BOARD CHECK



2 MIN



Teacher Best Practice:

Is your vision board powerful and compelling? Does it achieve the following?

9

EXPLORE



4 MIN



Teacher Tip:

Circulate to see who is struggling. They can use the vision board ideas, sample vision board, or your personalized vision board as a teacher. Students can also turn and talk to a partner during the last minute of this exercise.



FOLLOW UP
I OLLOW OI

10

EXPLORE





Teacher Tip:

Circulate to see who is struggling. They can use the vision board ideas, sample vision board, or your personalized vision board as a teacher. Students can also turn and talk to a partner during the last minute of this exercise.

11

EXPLORE



4 MIN



Teacher Tip:

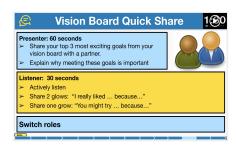
Circulate to see who is struggling. They can use the vision board ideas, sample vision board, or your personalized vision board as a teacher Students can also turn and talk to a partner during the last minute of this exercise.

12

VISION BOARD QUICK SHARE



4 MIN



Teacher Tip: Presenter: 60 seconds

- Share your top 3 most exciting goals from your vision board with a partner.
- Explain why meeting these goals is important



FO	LLOV	V UP	

LEARNING SHOWCASE



Learning Showcase

What is **one thing you learned** about the vision board creation process that will help you in your life and in achieving your dreams?

- you in your life and in achieving your dreams?

 Now we need to add images to our vision board. Which vision board method are you excited about completing?

 Using a vision board phone app (The app desent matter as long as you can add images and the 4 categories and your specific goals are represented). You would need to print it out.

 Traditional magazine cutous tasset on a poster with quadrants balled and descriptions.

 Computer printed cutous pasted onto their Dream Vision Collage or a poster.

 Powerpoint side created vision board that is printed out. It injurt com/visibletmp

 Drawing and coloring vision board goals on blank Dream Vision Collage.

Homework Assignment:

You will be bringing a copy of your completed vision board to our next class. We will be do an activity with it. (fleacher can explain logistics of printing for those who might not have computer or printing access at home)

You can decide which format you want all students to complete their vision board in or you can give them the options mentioned.

STOP HERE



FEEDBACK?

Do you have feedback, concerns, questions, and best practices to share?

Click here to complete our quick 1 min feedback form!