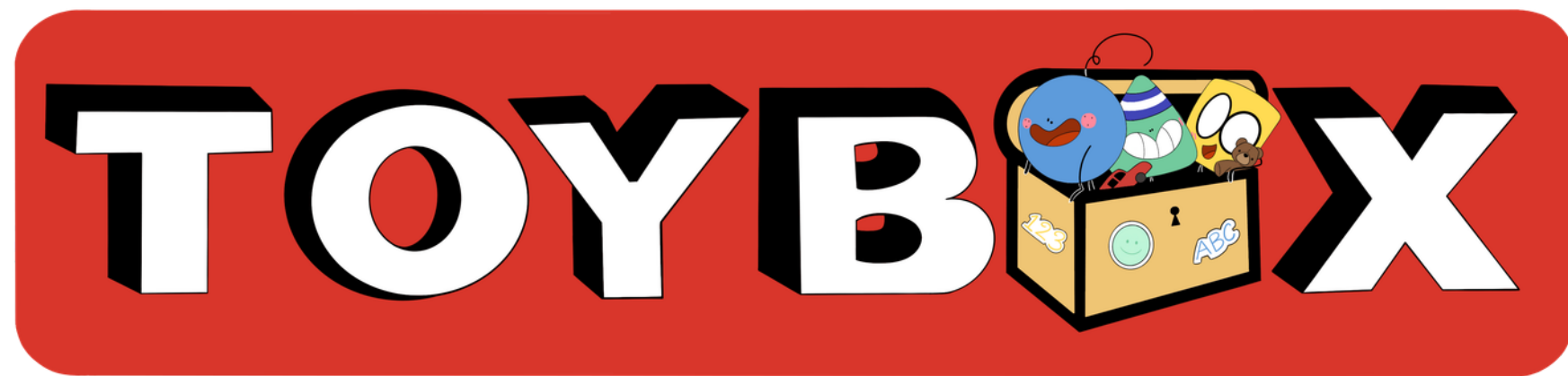




Describe Your Dreams

Dream Big!

Goal: Make a dream board filled with drawings, pictures, thoughts, or quotes about who you are and your goals for the future.

[Tip]: Think about what makes you happy, and what you enjoy. Use art supplies, old magazines, family photos, or color, draw and sketch.

Why is this important? Setting goals is important in gaining self-confidence and deciding what is meaningful to you.

References: Burton, L., & Lent, J. (2016). The Use of Vision Boards as a Therapeutic Intervention. *Journal of Creativity in Mental Health*, 11(1), 52–65. <https://doi.org/10.1080/15401383.2015.1092901>