

## **THE HENRY ARMSTRONG FOUNDATION - POSITIVE SELF – IMAGE-PSYCHOLOGY - MENTORING - YOUTH PROGRAM**

**Habakkuk 2:2- 3 (KJV) 2 And the Lord answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it.**

**3 For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry.**

**29: 18 King James Version (KJV) Where there is no vision, the people perish: but he Proverbs that keepeth the law, happy is he.**

**“A vision – dream-action- board should represent you and all of your wildest dreams and desires.”**

### **How to Create a Vision - Dream – Action - Board**

Vision – dream - action - boards can be an excellent way to help children DREAM BIG and reach their goals and their highest potential, along with having fun creating their own personal board.

### **What is a Vision – Dream - Action- Board?**

Vision – Dream – Action – Boards are physical representations of your goals or desires, encouraging you to take massive action towards making your dreams and goals a reality.

It is used as a reminder of what you want to be, do, or have in life. Whether you wish to go to Disneyland, become a doctor or buy a special gift for yourself, a vision board can help you stay focused on the things you want to achieve most.

### **How to Create a Vision – Dream - Action- Board**

You can create your vision – dream - action - board by cutting images and words from magazines or photographs and gluing them or drawn, written by hand, to large poster board.

Make sure you make a list of your goals and dreams, along with all the things you'll need to create your vision board. Such as old magazines to cut pictures and words, pens and markers, scissors, glue and a large poster board. Goals and dreams are similar, goals are short-term and dreams are for the long-term.

Once you have decided on your goals, dreams and have cut out your images you want to use, feel free to glue them onto the poster board however you like. Use your pens and markers to draw and write extra images and words that you feel will help inspire you to achieve your goals and remember to take massive action towards your dreams and goals. Visit our web site at **[www.henryarmstrongfoundation.org](http://www.henryarmstrongfoundation.org)**, and click on the youth program button to learn more about our program.