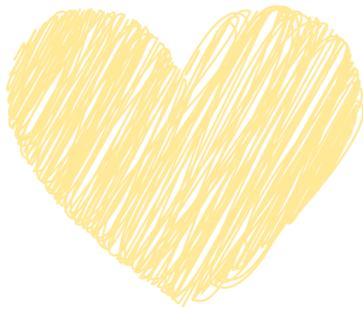


# BECAUSE WE CARE

*Lloydminster Interval Home*

Because We Care



THIS WEEK:

## PODCAST

[HTTPS://GRETCHENRUBIN.COM/PODC  
ASTS/](https://gretchenrubin.com/podcasts/)

## CHALLENGE

**MAKE YOUR OWN VISION  
BOARD**

## AFFIRMATION

**I AM CAPABLE OF AMAZING  
THINGS**

## JOURNAL PROMPT

**WHAT DO YOU WANT OUT OF  
LIFE? HOW DO YOU WANT TO  
FEEL?**

## WEEKLY CHECK-IN

**DID YOU DO YOUR SELF CARE  
PLAN? WHAT COPING SKILLS  
DO YOU USE?**

## What Is A Vision Board

A vision board is essentially a collage that you make to express what you want out of life. It is a visual representation of your goals, hopes and dreams. You might think this is a silly activity and not worth your time but visualizing and dreaming of the life you want can help you to set goals, keep a focus and actually encourage those things to happen. It is important as we move forward in life, particularly after a traumatic experience, that we remind ourselves how to dream and have hope for the future. I hope you all do this exercise with us!



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*We can do  
anything  
we want to do  
if we stick to  
it long enough.*

HELEN KELLER  
Looked, Close

## Visualization

Visualization is the act of sitting and picturing your desired outcome. It is so powerful that the Mental Health Commission of Canada lists it as one of their Big 4 Coping Skills (along with deep breathing, goal setting and positive self talk). It is essentially what Olympic athletes do before they perform, they practice in their mind what they want to happen and you can do that too. Start by sitting quietly with your eyes open or closed and imagine what you want to have in your life, how you want to feel. You are day dreaming here but with a little bit of structure. You can do this for a few minutes whenever you would like to and it can help you to get a clearer picture of what you want and keep you open to ideas of how you can get there.

## What Are Your Life Goals?

Before we get started on the vision boards, take a few minutes and jot down some goals you have for your life. What are some things that you would do if you had no limits? It is ok to dream big here!



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### RESOURCES:

#### DO VISION BOARDS WORK?

[HTTPS://WWW.HUFFPOST.COM/ENTRY/THE-SCIENTIFIC-REASON-WHY B 6392274](https://www.huffpost.com/entry/the-scientific-reason-why-b-6392274)

#### 3 EFFECTIVE VISUALIZATION TECHNIQUES

[HTTPS://WWW.PSYCHOLOGYTODAY.COM/CA/BLOG/LIVING-FORWARD/201806/3-EFFECTIVE-VISUALIZATION-TECHNIQUES-CHANGE-YOUR-LIFE](https://www.psychologytoday.com/ca/blog/living-forward/201806/3-effective-visualization-techniques-change-your-life)

#### GOAL SETTING

[HTTPS://WWW.MINDTOOLS.COM/PAGES/ARTICLE/SMART-GOALS.HTM](https://www.mindtools.com/pages/article/newsm621.htm)

#### WORK SHEETS

[HTTPS://WWW.DEVELOPGOODHABITS.COM/GOAL-SETTING-WORKSHEET/](https://www.developgoodhabits.com/goal-setting-worksheet/)

#### GOAL SETTING AND ITS BENEFITS

[HTTPS://POSITIVEPSYCHOLOGY.COM/BENEFITS-GOAL-SETTING/](https://positivepsychology.com/benefits-goal-setting/)

## How To Make A Vision Board

It is important to remember when you are making your vision board that it is not necessarily important what the pictures are of or if they match your exact goals, it is more about how the pictures make you feel. How do you want to feel when you look at this board and think about your future?

Now that you have that image in your mind, start by gathering some old magazines, scissors, glue or tape and a large sheet of paper. Go through those magazines and cut out any picture that speaks to you, it does not have to make sense or follow a rhythm or reason, just something that you want in your future or that gives you that feeling you were looking for. You can even print out some pictures or write in words if you would like to.

Now that you have all the items you want to include, start to arrange them in any order you would like to on the paper. There is no right or wrong way to do this but feel free to google for some inspiration if you would like.

Once you are done, display the vision board somewhere you can see it and where it feels safe. These can be very personal so you do not have to put it somewhere that you might be feeling vulnerable.

## To Connect With Us:

- Email:communityoutreach@lloydintervalhome.com
- 24/7 Crisis Line: 780)875-0966
- Confidential text: 780)808-1777