



SCISSORS &
GLUE:

CREATING A
VISION BOARD
FOR YOUR
PROGRAM

3 benefits



Get clear on the vision for your volunteer program



Visualize the outcome and work toward that goal



Activate the priming mechanism leading to increased actions toward goals

Rewires the brain:

Visual stimuli can prime certain thoughts, emotions and behaviors. When individuals regularly view their vision boards, they may experience priming effects that activate related goals, values and motivations. This can lead to increased attention to goal-relevant opportunities and actions.

<https://www.forbes.com/sites/traversmark/2024/03/29/a-psychologist-explains-the-power-of-vision-boarding-for-success/>

**Psychologists
say that...**



VISION BOARD CYCLE



...by regularly viewing your vision board, you reinforce your goals and intentions, which can help you stay focused, motivated and aligned with your... vision.

Many people find that vision boards are a powerful tool for “manifesting success” and... growth.

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**Psychologists
say that...**



GET SET, GO!
(& HAVE FUN)