

What is a Dream Board?

A collage of pictures and words that you can put up to remind yourself **WHY** you do what you do every day; pictures and words that spark your motivation and remind you of your goals or dreams. A dream board can also be filled with things that inspire you or leave you feeling happy!

Examples:



Option 1: Dream Board Template (simple)

Instructions: Fill it in. Color it. Hang it up and be inspired by your dreams daily!



Option 2: Dream Board Template

Instructions: Write, list, and draw the goals you have for yourself. Hang it up and be inspired by your dreams daily!



Option 3: Create your own Dream Board

Instructions:

1. Find some poster board, magazines, scissors, glue, and something to write with.
2. Find a place for your title - i.e. "Dreams", "Dream Board", "Goals", etc.
3. Cut out images that inspire you from magazines. You can also find pictures online and print them out.
4. Write, draw, and/or cut out words that inspire you and add them to your board.

Questions to ask yourself while creating your dream board:

- Who would you be if you had no restrictions at all?
- What would you be doing if you were completely fearless?
- What is most important to you in life?
- What do you want to change in the world?
- What energizes you?
- What do you love about life?
- What would success look and feel like?
- Who inspires you the most?
- What do you want to achieve one year from now?

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