



Reflect

Look to the future

Stage

6

60 mins



Skills builder



Aim of activity

Reflecting on the past is important, but looking forward is essential to reaching your goals and realising your dreams. Create an inspiring vision board and visualise your future.

What you'll get out of it

- Reflect on the person you are.
- Map goals and dreams for the future.
- Think creatively.

What you'll need

- A4 card, 1 sheet per girl
- Paper
- Pens
- Colouring pens or pencils
- Scissors
- Glue
- Magazines, at least 1 between 2



WE DISCOVER, WE GROW

Girlguiding



Reflect

Note to leader

Girls shouldn't include full names or identifiable personal details (like addresses) on their vision boards.

What to do

1 Get into pairs or small groups and each grab a sheet of paper and a pen.

2 Chat together about your goals and dreams for the next few years. In three years' time, where will you be? Who will you be spending time with? What will you be doing? What will you be like as a person?

3 Jot down these headings:

- Beliefs and values
- Learning and skills
- Achievements
- Experiences and adventures
- Personal relationships (for example, with family and friends)
- Feelings and emotions
- Making a difference

4 Under the headings, note down goals you'd like to reach in the next three years. For example, under 'Feelings and emotions' you might want to write 'Feel more confident'.

Top tip

You're pretty great as you are! Rather than focusing on *changing* lots of things about yourself, try to make goals that *develop* things about you. For example, rather than taking up loads of new hobbies, why not focus on developing some you already enjoy?

5 Now turn your list of goals into a vision board. Use a piece of card and add pictures and quotes cut from magazines, as well as designs and words of your own, to create a collage. Make it as creative as possible.

Try it this way

You could make an online vision board instead.

6 Next, cut six squares of paper, each about 6cm wide. Apply a line of glue to three sides of each square. Turn your vision board over and stick the squares onto the back so they form little pockets.

7 Write one of your goals for the next three years on each pocket. Then cut a little piece of paper and write a short, inspiring note to help you while you're trying to achieve that goal. Put the notes into the pockets. In the future, you can reveal the notes for a reminder of your goals and inspiration to achieve them.

8 Talk with your group about how you can achieve your goals.

Finally, take your board away and display it somewhere you'll see it every day. Every now and then, look at it to see if you've come closer to reaching your goals. Keep going - the future's still unwritten!