Goal Setting: Creating a Vision

Last week you thought about your health behaviors and considered which one you would like to improve by coming up with a SMART Goal. When you write your goal down it helps create a vision and deeper level of commitment.

Your task this week is to create a “Vision Board” that you can display somewhere (bathroom, bedroom, mobile device, etc.) to help remind you about your goal. Think of a vision board as a collage of pictures, words, and quotes to help motivate you to achieve your goal. What you include in this collage is up to you, but it should include the following:

1. Your goal (written somewhere)

2. Pictures and words related to your goal (minimum of 10)

3. Motivational quote(s) (minimum of 1)

Your vision board can be in the form of an electronic document or poster board.