

DREAM BOARD ACTIVITY:

SUPPLIES YOU WILL NEED:

- Cardboard, any size for dreams
- Large variety of Magazines (for participants to use images)
- Glue Sticks
- Pictures of family/friends if applicable
- Images that represent your goals

HOW TO CREATE:

IDENTIFY AND MAKE A LIST OF 4-6 KEY DREAMS
(PERSONAL AND PROFESSIONAL) WHICH MIGHT INCLUDE:

- Financial
- Family
- Top Seller / Sales Leadership Goals
- Personal Goals

CREATE CLUSTERS OF IMAGES/QUOTES, ETC. THAT REPRESENT EACH OF YOUR GOALS THAT YOU WANT TO ACHIEVE. BE SURE TO SET A DATE TO HAVE THE GOAL ACHIEVED BY.

- Glue the images as you placed them on your cardboard.
- Once you have completed it, you can consider laminating or framing to extend the durability of your Dream Board.
- Objective of the Dream Board Activity:
- Create a Visual picture of what is most important in your life to achieve
- Hang the Dream Board in a place you can see during your day, or carry a small version in your purse/wallet as a reminder
- Refer back to it often, especially on the days you need additional motivation
- Find an Accountability Partner to keep you on track to follow your Dream!

Example:



HAPPY DREAMING!

AVON