

Getting Ready for the *REFOCUS* Breakout Session

We look forward to seeing you at the REFOCUS breakout at 2:30 pm on March 8! In this session, you will be creating a vision board – a visual representation of the goals you have for your life – using photos, images and words.

Please do the following in preparation for the session:

1. Decide on your goals. They can be short-term or long-term. They can be about career, finances, relationships, lifestyle and anything else that you want your life to be. Regardless of the topic, try to choose goals that are **Specific**, **Measurable**, **Achievable**, **Relevant** and **Time-bound** (SMART).
2. Gather your supplies – see next page for a list of items you'll need.
3. Plan out a work area. Whether it's your regular office workspace, your kitchen table or a conference room with a few of your colleagues, you'll need space for your materials and room to put your board together.

Feel free to email KansasWISE@ks.gov with any questions. We look forward to seeing you on the 8th!

REFOCUS

Vision Board Supply List



☐ YOUR BOARD

- Poster Board
- Fabric Pinboard
- Cork Board
- Foam board

☐ CONTENT

- Magazine clippings
- Printed photos
- Favorite quotes, affirmations

☐ ADHESIVE

- Glue
- Rubber cement
- Tape
- Push Pins

☐ SCISSORS

☐ MARKERS, COLORED PENCILS, PENS

☐ DECORATIVE ART SUPPLIES OR FUN EMBELLISHMENTS

- Stickers
- Glitter
- Decorative tape

☐ YOUR GOAL VISUALIZATION PLAN

- What will your vision board look like?

As an alternative, you can create a digital vision board with online images and Powerpoint, Canva, Adobe Photoshop or other application. Then print and display your board to keep your focus on your goals.

