

Flexible Supply List: To Prepare in Advance!

The experience works with a variety of creation options. Participants are welcome to use the suggested items below or use items available at home!

standard	premium
PLACE TO CREATE	PLACE TO CREATE
Something to write with	Pen & Sharpie
Scissors (or tearing paper is fun)	Scissors
Imagery:	Imagery:
Junk mail Magazines Newspaper	Junk mail Magazines Newspaper
Anything with images will work!	Anything with images will work!
PAPER CHOOSE ONE of the following:	PAPER
copy paper, light colored construction paper or grocery brown bag (cut to paper size)	Mixed Media or Watercolor Paper (no larger than 9" x 12")
Glue Stick (or alternate adhesive)	Glue Stick
Color Source: crayons, colored pencils or markers	Color Source: Water Based Crayons/Gel Sticks (i.e., Faber-Castell Gel Sticks or Daiso Washable Crayons)
Napkin or Paper Towel	Baby Wipes

Growth Statements: A Follow-Up Resource!

The facilitator will make reference to the below during the experience. Participants are welcome to save this as a helpful resource!

VISIONboarding:
the ART of cultivating a personal vision of Self

GROWTH STATEMENTS *samples*

I am fit and health (F)
I am becoming more fit and healthier in my choices (G)

I am worthy (F)
I am learning to value my worthiness (G)

I am happy with what I have (F)
I am discovering how to be happy with what I have (G)

I am grateful to my body (F)
I am discovering gratitude for my body (G)

I believe in my abilities (F)
I am becoming a believer in my abilities (G)

My voice matters (F)
I am learning how to hear my own voice (G)

(F) fixed (G) growth
Growth Statements are reflections derived from personal narrative generated during a VISIONboarding engagement