

College Vision Board How To Guide



TASK: Completing your vision board using our “how to” Guide for your reference and personal gain.

CONDITIONS: Placing your vision board (VB). Make sure you place your VB in a “high traffic area” wherever you spend the most time or wherever you see fit. Your VB should be the first and last thing you see before going to bed. Color code each section (green = finance goals).

STANDARD: I provided outlines below for each section. Use this guide as your first-line defense while adding to your personal vision board. Following the simple “How to” Videos on my youtube channel, I walk you step by step and break down your vision board into 5 sections/5 videos and fully explain each function, the purpose of each, and the effectiveness of vision boards.

5 Sections	<ol style="list-style-type: none">1. Courses2. Weekly/Short/Long Goals3. Why am I in school?4. Affirmations/mantras/quotes5. Personal Goals/Add Pictures
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College Vision Board How To Guide



STEP ONE: Courses #1-4 Layout

Starting from the top left, label course #1 and put your most challenging course here and put your least challenging course on #4 (bottom right). Ok starting with your courses this will be the basic format for all your courses.

1. **Professors name/patterns/behavior** (Prof. Igar - does not accept late work)
2. **Class/Course** (Math1A - last math class!)
3. **End of Semester grade** (The grade you want by end of semester)
4. **Date/Time** (MON/FRI @ 2:00pm)
5. **Meet:** In-person/virtual/no meeting dates
6. **Exams/Quizzes** (4 exams, 6 quizzes, put the dates)
 - a. **Exam 1** →3/16 (put the grade you want/then the grade you got)

STEP TWO: Customize each Course

Some courses will require more attention than others. This is where you want to pull out all the syllabuses for all your classes. Usually the teacher will harp on the “Hard Dates” the first week and the things you MUST DO.

For example, one of my past English classes had 15 quizzes, here’s how I broke it down on my VB.

Class: English 1A

No HW→ just 15 assignments

Due Dates:

- 1/15 topic →CH1-3
- 1/29 topic →refer to study guide
- 2/7 topic→ no quiz just group discussion

Whenever one class had a lot of due dates or required most of my attention. The first thing I did was add my canvas calendar (academic calendar from your school's platforms) to my personal calendar on google. It auto populates all my due dates to my iCal.

Also, never erase anything from your vision boards, cross it off so you can reflect at the end of the year.

Reward yourself: Always add “end of the year” reward to each of your sections.

College Vision Board How To Guide



STEP THREE: Weekly/Short/Long Term Goals

This section is focused on **Habits & Routines**, building habits of visualizing what success looks like to you. What does the end of the semester look like from your current perspective? What does your future look like at home/work/school/family/friends? and use journaling as a tool to help uncover some of those future goals and ideas. Set realistic/unrealistic goals. Always timestamp your goals and put date/time.

Weekly Goals - *Add these to your VB. The more you plan ahead, the bigger you become and the smaller your problems are.*

1. **Journaling** (Journaling is the gateway to your self awareness)
2. **Look over your Vision Board daily** (Mornings & Evenings before bed)
3. **Set Weekly Goals** check them off as you complete them, never erase. (reflect at the end)
4. **Plan & Anticipate** the following school week on sundays. (test/exams/hw due/etc.)
5. **Study Chemistry** on 2/15 for CH₃, exam on friday (example)
6. **Workout** Self reflect/journal/run/walk/yoga (Get a mental/physical workout in 3Xweek)

Short Term Goals - *Always stay 2 weeks ahead of all your classes, at a minimum.*

1. **Exams** Put exam dates, and add the grade you want or will get on that test.
2. **Reflect** Self reflect after 4 weeks of school. See how focused/Unfocused you are. (adjustments)
3. **Network** visit all the various clubs/programs your school offers. Keeps you “in the loop”
4. **Resourcefulness** Email your teachers, participate in group discussions, focus on the future you!
5. **Income** get FREE money. Fill out scholarships/grants/proposals/etc. There is so much free money for college students. Have a resume/cover letter/etc.

Short Term Goals - *End of school semester goals go here. You should have already put the grade you want from all your classes the first weeks of school and compare at the end.*

1. **Set Goals** “I will get a 3.0 or higher GPA this semester”
2. **Schedule** set appointments with your academic advisors/counselors for the following semester.
3. **Reflect** look over VB. what goals did you hit or not hit. Why? Where could you have spent more focus on?
4. **Research** use all your school data analytics about teachers, programs, clubs, grades, etc. data collecting is the future.

College Vision Board How To Guide



STEP FOUR: Why am I in School? What are my passions/values/beliefs?

This section is here as a reminder of **WHY**. You are sacrificing so much, school can be overwhelming at times. What do you stand for? take a look at your 5 Why's. Setting a new standard for my family or myself. This is where journaling really kicks in. Start speaking your mind on paper so your mind can stop having limitations and limiting beliefs about your capabilities and capacities in life.

Questions to ask yourself to develop your own set of morals/values/beliefs.

By setting these up, you'll begin to understand why or when to say "yes" or "no" to people.

- Why am I attending College? Who am I attending college for?
- What makes me happy/sad/upset/confident?
- Why are you the BEST & why will people succeed with you?
- What would you say are your greatest Strengths (personal & professional)?
- What topic can you give a 30minute speech on, without preparation?
- Does courage lead to self confidence?
- What are 5 things you want from life but found excuses for?
- What are my personal values/morals/ethics? When do I say yes or no?
- Does my behavior and attitude change on monday mornings?
- What are 5 things I am grateful for?
- Do I want to struggle the rest of my life?
- What are my natural talents? What talents/skills do I want to learn and why?
- Is school forever or just for a few weeks at a time?
- Do I have the mindset for school?
- What are my passions/purpose in life/strengths/weaknesses

College Vision Board How To Guide



STEP FIVE: Affirmations/Quotes/Mantras

- **Search & Write** quotes, statements, mantras, affirmations, anything that will create self urgency & motivation upon reading it. Look into Self Awareness & journaling for guidance and support here. Watch moggressive motivational videos on youtube. Below are a few topics to dive into.

[I have sample list here](#)

- **Power Words** What words, when you say them out loud, bring goosebumps or make you feel powerful. Say these words with your head held high, arm on your hips, shoulder broad, and repeat your Power Words, in your head, on paper, and aloud.

1. Confidence Builder
2. Habit Building
3. Self growth
4. Self Development
5. Motivational Inspirational
6. Power Words
7. Emotional Support Statements
8. Speak into the future
9. What are things you tell yourself to get out of bed? Go to the gym? Work?
10. "Just do it" - nike. I think you get the picture.
11. I'll leave this open for your imagination
12. These should be real/truthful to you
13. You should have one per goal
14. One for confidence, habits, routines, inspiration, reminders, etc..

College Vision Board How To Guide



STEP SIX: Personal Goals & Future Aspirations

Use this section to include any outside of school GOALS that may overlay/overlap your school goals. For example, Finance Goals, Family Goals, Relationship Goals, Community, Friends, Gym, etc ... but only pick 2, we don't want to get distracted from school.

1. Your future Career Goals

- What kind of job do you want?
- Where do you want to work?
- Self employed? Corporation? Non profit?
- How much do you want to make?
- Location?
- What kind of work community do you want?

2. Aspirations/Goals - Realistic and Unrealistic

- Be a kid!
- Think of goals that you THINK are unattainable or unachievable
- I want a million dollars in five years
- I want to speak in front of 10k people
- I want to make 10k per month

3. Future Ideas/Solutions

- I have panic attacks, How can I control that?
- I have exam anxiety, How can I fix that?
- I hate taking tests, How can I overcome this?
- Where do I want to work after college?

College Vision Board How To Guide



Congratulations!

You've completed your first FULL Vision Board!

Lets reflect & check (ALWAYS REFLECT)

- STEP ONE:** Courses #1-4 Layout
- STEP TWO:** Customize each Course
- STEP THREE:** Weekly/Short/Long Term Goals
- STEP FOUR:** Why am I in School? What are my passions/values/beliefs?
- STEP FIVE:** Affirmations/Quotes/Mantras
- STEP SIX:** Personal Goals & Future Aspirations