

HOW TO HOST A VISION BOARD EVENT

WHAT IS IT?

A vision board gathering is a social event where people come together to create visual representations of their dreams and goals.

WHY DOES IT HAVE VALUE?

It helps participants visualize their aspirations, clarify their intentions, and stay motivated toward achieving their goals. Vision board parties can create a supportive environment where participants can share ideas, dream bigger, and hold each other accountable.

WHO SHOULD PARTICIPATE?

Smaller groups of 8-12 work best, but vision board events can be done with large groups working at smaller tables and even on Zoom.

PREPARING IN ADVANCE

SUPPLIES

- Boards - 11x14 foam core boards are an ideal size to complete during an event lasting about 1.5 hours. Consider bringing multiple sizes to accommodate participants' speed and desired dimensions.
 - Boards can be [ordered online](#) or picked up at a local craft store.
- Magazines - Check Half-Price Books if you need to buy some, or ask participants if they have any to share. Local Buy Nothing groups can also be a good source.
- Scissors
- Stickers - Consider ordering packs with [quotes from famous women](#) and [social justice](#) phrases. Dollar stores are also a great source for inexpensive stickers of things like hearts, letters, etc. [Make sure you have plenty of RWB stickers available!](#)
- Printouts with positive words - People may prefer to use stickers, but it's a good idea to have some additional options available. Use Canva to create a set [such as these](#).
- Glue sticks or Mod Podge (bring small cups & brushes)
- Plastic tablecloths to keep glue off tables

PERSONAL PREP

- When participants sign up, ask them to spend a bit of time thinking about their goals, dreams, hopes, and wishes. They may want to jot them down on a piece of paper or put them in their phone before the event.
- Encourage people to bring their own photos, stickers, and other embellishments that will help make their boards unique.
- Additional printouts are available inexpensively at various places, [such as Etsy](#).

THE DAY OF THE EVENT

- Welcome participants and explain what they'll be doing. Share an example of a finished board and give suggestions of what people can use as themes: things that bring them joy, what they want the future to look like, things they want to fight for, things that are important to them, etc. Then, get started.
- Take plenty of photos & videos of people as they create their boards
- Depending on people's level of involvement with your TroubleNation group, mention your upcoming events and actions.
- Take photos of people with their finished boards. **Post them on social media (after you've gotten people's permission first!) to build awareness of your group.**

