

# 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.**

