

## Goal Setting: Creating a Vision

*Last week you thought about your health behaviors and considered which one you would like to improve by coming up with a SMART Goal. When you write your goal down it helps create a vision and deeper level of commitment.*

*Your task this week is to create a “Vision Board” that you can display somewhere (bathroom, bedroom, mobile device, etc.) to help remind you about your goal. Think of a vision board as a collage of pictures, words, and quotes to help motivate you to achieve your goal. What you include in this collage is up to you, but it should include the following:*

- 1. Your goal (written somewhere)*
- 2. Pictures and words related to your goal (minimum of 10)*
- 3. Motivational quote(s) (minimum of 1)*

*Your vision board can be in the form of an electronic document or poster board.*