VISIONS BOARD YOUR STORY!

A Vision Board can serve as a consistent reminder of specific goals-for example, one might create a Vision Board with the goal of focusing on losing weight- It might include pictures of healthy foods, an active lifestyle, a scale-anything that would be a personal reminder of your goals. Why not Vision Board **YOUR STORY** with the goal of conveying your history and the details of what makes you-**YOU?**

Your Vision Board can be something you share with other residents or with staff as a means of provoking conversation about yourself. This “STORY SHARING” is known to help positively influence *person centered care.* The following topics are some examples of things that might be on a Vision Board with the goal of telling your story.

**Favorite foods, favorite movies, books, or music, where you grew up and where you’ve traveled to, first job, worst job, last job, favorite pet, pet peeves, things that make you laugh or cry, how you like to start your day or end the day, do you prefer fall leaves, blankets of snow, or spring blossoms, favorite possessions.**

Clip words or pictures from magazines, use a favorite piece of fabric, or song lyrics- anything that you feel helps tell your story!

 HAVE FUN AND GET CREATIVE!

**\**attached is a picture/example of a Vision Board.***