

VISION BOARD

The idea:

Create a vision board by collecting and displaying things that will inspire you to be more confident. You can choose images and words that celebrate ways you are already confident AND add items to your board that represent how you want to feel in the future. Set everything up in a fun way that reflects YOU!

Suggested materials:

For the vision board background: Any sort of thicker paper, construction paper, poster board (can be cut down)

Art supplies: Scissors, glue, markers, pens, and pencils.

Extra materials can include: Stickers, magazines (that are ok to cut up!), glitter, colorful paper or scrapbook papers, plus the downloadable Rebel Girls vision board support materials included here.

Planning out your vision board:

Your board can have a theme, for example: building confidence to sing a song at the talent show. Or it can just be a general reminder of what makes you feel your most confident. You can add words, add photos or cut pictures out of a magazine. What matters most is that the vision board will be something that will inspire you to feel confident. Once you are done, put it in a place where you will see it often. You can keep adding to it or make more boards whenever you have a special confidence goal.



Mind, Body, Family, Community, And World
Some people are confident at school but not confident in the bigger world. And some people might feel confident about how they show up in community but lack confidence in their own body. Think about where you feel most confident.



Digital Vision Board

If you prefer to work digitally, we have created an online vision board using Canva. Here you'll find a Rebel Girls vision board and design resources created especially for you.



I CAN DO IT!

STAY POSITIVE



*** DARE TO BE *
the Real You!**



I CAN DO IT



CONFIDENCE BOOST



**REMEMBER YOURSELF
of Your Strengths**



i am STRONG!



I CAN.



**Confidence
is
CONTAGIOUS**



i am Focused



i am * * *

DARING

BRAVE

A FRIEND

ENOUGH

UPBEAT

INSPIRED

POSITIVE

STRONG

AMBITIOUS

CONFIDENT

GOOD

COURAGEOUS

DEPENDABLE

CARING

BOLD

HELPFUL

DETERMINED

GROWING

ADVENTUROUS

TOUGH

FEARLESS

SHY

I FEEL...

HOPEFUL

CONNECTED

BOLD

ENERGETIC

SECURE

OPTIMISTIC

MIGHTY

PLAYFUL

POSITIVE

BUILD

COURAGEOUS

FIERCE

CONFIDENT

CREATIVE

I WILL...

DANCE

CODE

RUN

LEAD

GROW

NURTURE

DREAM

CELEBRATE

CARE

BUILD

LAUGH

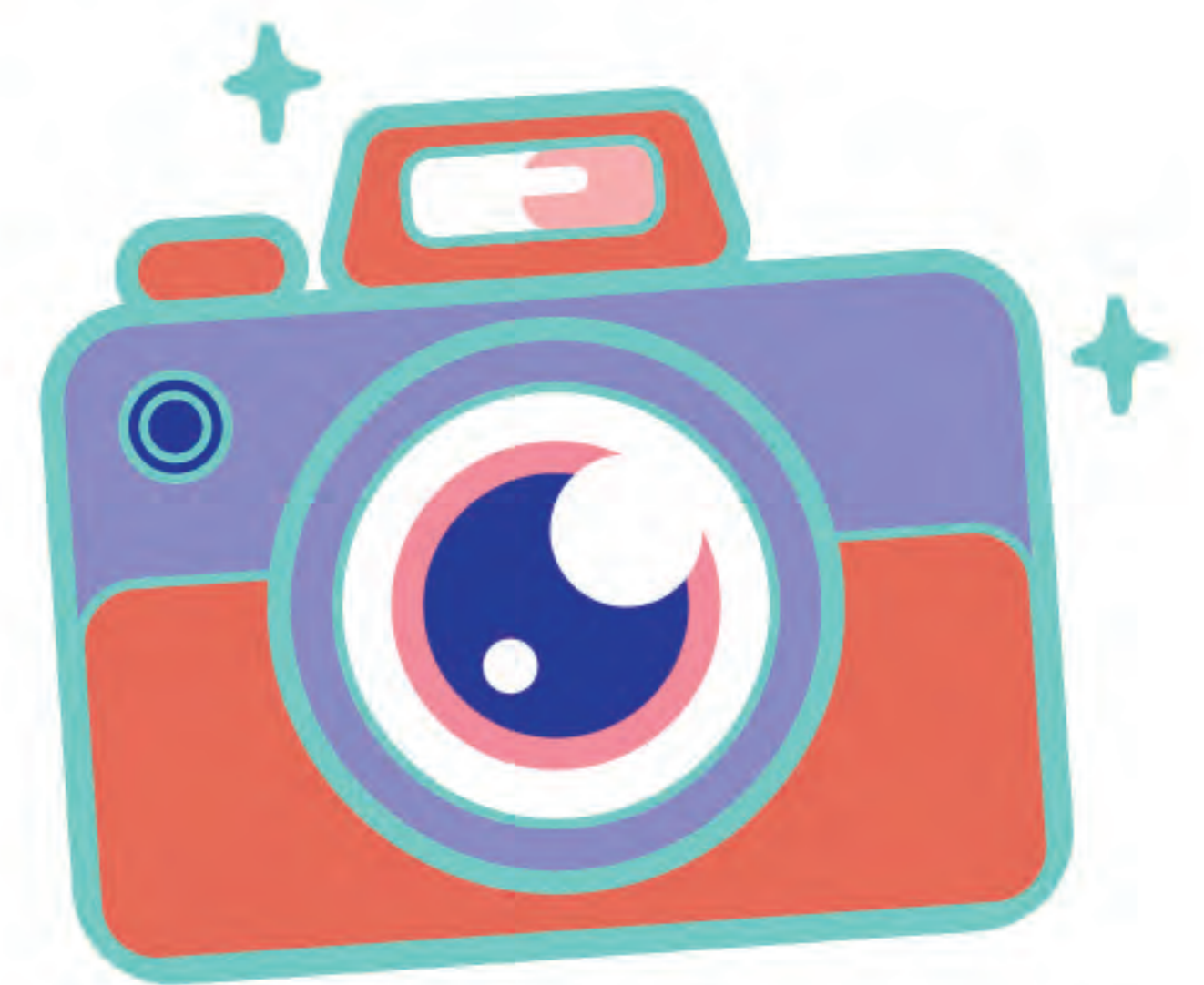
CREATE

EXPLORE

LEARN



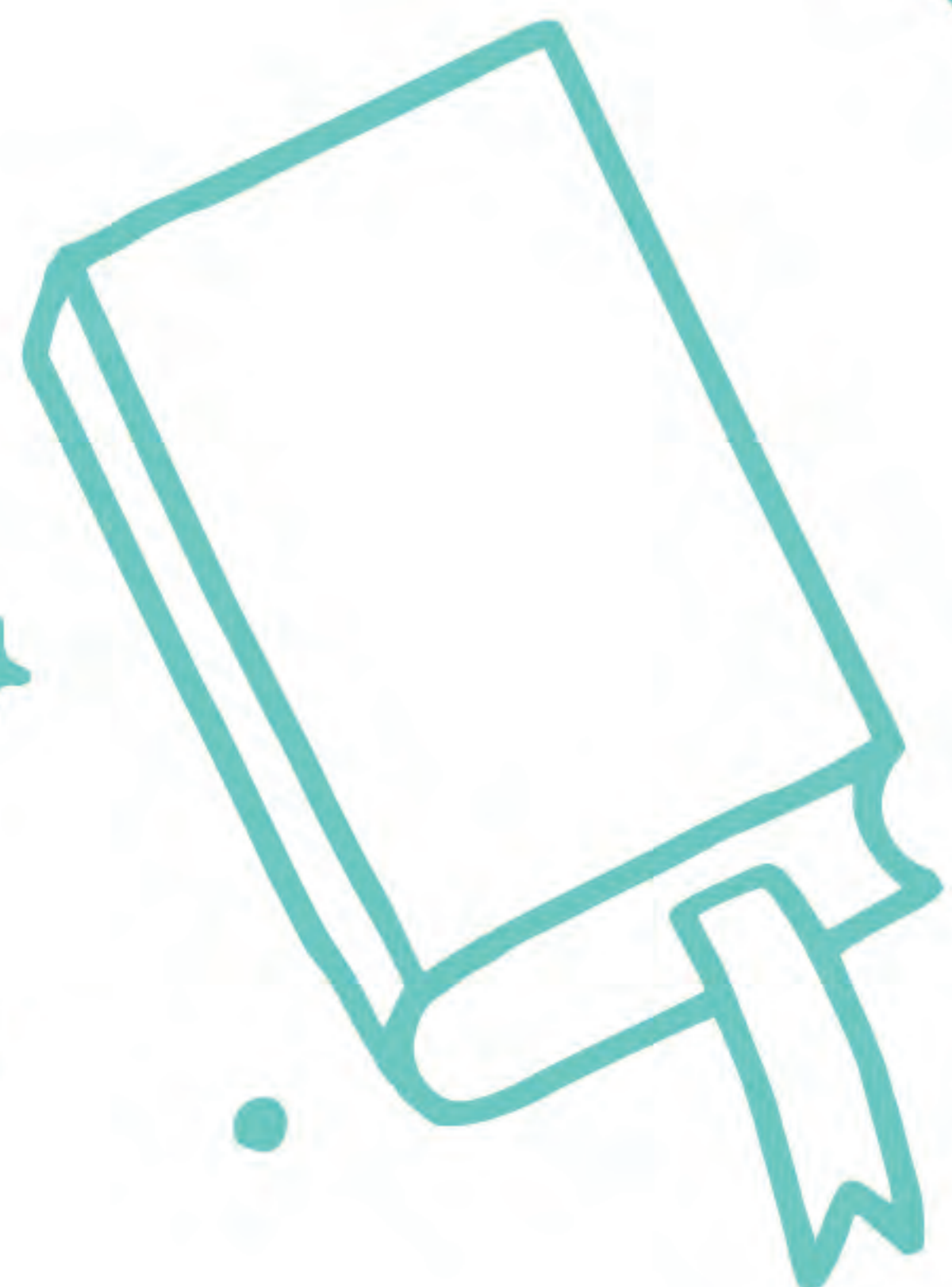
my CONFIDENCE VISION BOARD



STAY REBEL



AIM HIGHER



Dream Bigger

