

# EnrichedStart – Money Myths – Enrichment Activity

## Title: Your Mindset Vision Board

**Scenario:** You've defined what wealthy means to you. You have a better sense of what money you have and where you spend it. You have taken stock of your knowledge and who has influenced you. Now it's time to create some tools you need to put these thoughts into action.

A vision board is an inspiring and motivating collection of images and words that represent your goals. Your task is to create a vision board based on what you've learned through module 1, your reflections and your plans for the future.

### Instructions:

- 1) Choose a format (Examples: hand-written with a collage of cut and pasted images on a poster board; designed online and printed on a t-shirt; created with a mind-mapping tool; create a Pinterest board; etc.)
- 2) Determine your money mindset slogan.
- 3) Brainstorm what should be included on your vision board. Answering the questions below may help guide this process:
  - a. What does wealthy mean to you?
  - b. Who taught you about money?
  - c. Who do you admire?
  - d. How do you plan to spend your money?
  - e. What are your money-saving goals?
  - f. Where do you see yourself 2 years from now? 5 years from now? 10 years from now?
- 4) Make a list of words that you want to include on your vision board.
- 5) Find images that represent your vision.
- 6) Compile all your words and images and start assembling your board. Play around with this and have fun. The more passionate you are about this process, the better the chances you will take concrete steps to reach your goals.
- 7) Place your vision board where you will see it daily. (Example: Your fridge; your desktop background; your bedroom; etc.)
- 8) Create and implement a routine with your vision board. The more frequently you are put in touch with your dreams, the better the chances of them coming true. (Example: Examine the images and use them as inspiration for meditation; Read the words during breakfast every morning; Make it the last thing you look at before going to bed each night; etc.)

