



Dream Big

Let your vision shine! Dream big as you imagine your future and plan for your goals.

Materials:

- Cardstock or poster board
- Colored pencils or markers

STEM Explanation:

Show off your VISION! Vision is the ability to dream about the future with wisdom and imagination. People with vision have an idea about what they want the future to look like. The greatest ideas, songs, movies, and works of art were all created by people with a strong imagination about what they wanted to create.

Did you know that you are more likely to accomplish your goals if you write them down? Writing down your goals can help you clarify what you want, motivate you to act, and allow you to celebrate your accomplishments! Take some time to reflect on your goals for the future below, then follow the instructions to create a vision board. Remember, if you dream big and work hard to make choices in line with your values, you will have the power to achieve amazing things.

How To:

1. Take out a piece of cardstock or poster board. This is your vision board! Vision boards help you map out your goals, hopes, and dreams for the future. Follow the prompts below to create a unique vision board.
2. First, take some time to think about your "dream career." If you need some help thinking about this, try and answer the following questions:
 - a. What were some of your favorite DeSTEMber activities? Did you learn about any careers during these activities that you might like to have one day?
 - b. If you could be famous for one thing, what would it be? If you would like to discover a cancer treatment, maybe your dream career is "Biologist," or, if you want to write a bestselling novel, your dream career might be "Author."
3. Remember: achieving this dream career will take some time and effort. However, you can start working towards your dreams now!

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4. Think about what goals you can work towards in each of the following stages of life that will help you reach your dream career. As you come up with goals, add them to your vision board.
 - a. The next six months
 - b. Middle school
 - c. High school
 - d. College or Trade School
 - e. Family & friends: We rely on family and friends for support as we reach for our goals. Think about the type of people you want to surround yourself with, and add any goals you may have in regards to family and friends in the future!
5. Try and answer some of the following questions if you need help thinking about goals for each stage of your life:
 - a. How can you challenge yourself to grow and learn something new?
 - b. Do you need good grades?
 - c. What clubs, volunteer projects, or extracurricular activities could you participate in?
 - d. Do you have a creative outlet or something artistic you enjoy doing?
 - e. Do you need special training or a college degree?
 - f. What steps do you need to take to help you get into your dream college?
 - g. What words inspire you?
 - h. What is important to you right now?
 - i. What places in the world would you like to visit?
 - j. What kind of contribution do you want to make to the world?
 - k. What characteristics do you need throughout your journey? Do you need to be dedicated, resilient, or have a positive attitude? Do you need to be a clear communicator or a good team player?
6. Once you've added your goals to the vision board, hang it somewhere in your room so that you never forget your vision!

Resources:

<https://artfulparent.com/make-vision-board-works-10-steps/>

<https://www.kiddiematters.com/teaching-children-how-to-set-goals-and-use-a-vision-board/>

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