

# The Dreamcatcher Board



*"The secret of getting ahead is getting started."*  
- Mark Twain

This TeenCentral Dreamcatcher Board is designed to help you visualize a goal and then help you achieve it! It combines two components- a vision board for you to see your goal (and keep your eye on the prize) and a goal chart to help you plan out how to get to what you want!

## Step 1: What's your goal?

Think of a goal that you would like to achieve. To do that, you can ask yourself some questions. Sample questions might include:

- What is a problem I'd like to solve in my life?
- What is a new habit I'd like to make (or break)?
- What is a new skill I'd like to have?

## Step 2: Create your vision of the goal

This will help you to visualize the goal you have set for yourself. The idea is to create a collage that you can look at every day to remind you of your goal and the feelings you associate with it.

This collage can include pictures from magazines or personal images and affirmation words or phrases that you associate with feelings like strength, freedom, and positivity. This visual portion captures how achieving your goal would make you feel.

### What is a goal chart?

This will help you to break down the goals into a series of small steps that will get you there and allows you to work toward your goal each day without getting overwhelmed. Think about steps that you can accomplish in short periods of time (days or weeks) that will help you get to your overall goal- then create a reasonable deadline for this step.

Check out the tool below to create a visual representation of your goal and the steps you will need to accomplish to get there!

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My goal: \_\_\_\_\_

My deadline: \_\_\_\_\_

## How I see it (my vision of this goal)

## How I get there (my plan to complete this goal)

**Step 1:** \_\_\_\_\_  Done!

What I need: \_\_\_\_\_

Who will help: \_\_\_\_\_

Step deadline: \_\_\_\_\_

**Step 2:** \_\_\_\_\_  Done!

What I need: \_\_\_\_\_

Who will help: \_\_\_\_\_

Step deadline: \_\_\_\_\_

**Step 3:** \_\_\_\_\_  Done!

What I need: \_\_\_\_\_

Who will help: \_\_\_\_\_

Step deadline: \_\_\_\_\_

**Step 4:** \_\_\_\_\_  Done!

What I need: \_\_\_\_\_

Who will help: \_\_\_\_\_

Step deadline: \_\_\_\_\_