**PURPOSE Exercise No. 2: Creating Your Own Vision Board**

**Introduction:** What brings meaning to your life? In this session, we’ve explored the answers to this question. For many, meaning is found through relationships, helping others, developing a hobby, etc. In addition to these elements, we’d also like you to consider the question, “what brings me joy?”

**What You’ll Need:**

* Stacks of discarded magazines (that can be cut up)
* Several pairs of scissors
* Several glue sticks
* Enough small pieces of poster board so that each participant can have his or her own

**To Begin:** Pass out magazines for participants to leaf through (they may also bring their own). Have them tear out pictures that represent “meaning” and “joy.” They can be anything from a sunset to a photo of a cute puppy.

Once each person has a sampling of at least a dozen or more pictures, have them trim up each photo using a pair of scissors (or, help those who may be having trouble cutting).

Give residents time to lay their pictures out on their poster board, passing around the glue sticks to secure the images to the board backing. If need be, participants can choose a few more photos to fill in any “gaps” on the page or keep them open to add to their masterpiece later.

**Conclusion:** Once everyone has completed their vision board, invite people to share their collage with the group, briefly explaining why they chose certain elements for inclusion.