

Secondary

Visualization Journals



Step 1: The Creative Setup

Provide the following materials to each student:

- Journals or notebooks 📔
- Pens and pencils ✍️
- Markers and colored pencils 🎨
- Optional: stickers and other decorative items ✨

Step 2: Defining and Visualizing Goals

1. Define Your Goal: Ask students to spend a few minutes thinking about a specific goal they want to achieve. Encourage them to be specific and clear about what they want.

2. Guided Visualization Exercise: Lead the students through a guided visualization exercise. Ask them to close their eyes and imagine achieving their goal. Encourage them to think about the sights, sounds, smells, and feelings associated with reaching their goal. Have them consider the steps they need to take to achieve it.

Step 3: Creating the Collage

1. Writing the Visualization: Students will open their journals and write a detailed visualisation description. Encourage them to include as many sensory details as possible and to describe their emotions and the steps they imagined taking.

Here are some prompts to guide their writing:

- What do you see? Describe the environment, people, and actions around you.
- What do you hear? Include any sounds, such as voices, music, or nature.
- What do you feel? Write about your emotions and any physical sensations.
- What are people saying to you? Include any comments, conversations or feedback.
- What will you say afterward? Reflect on your feelings and what you might tell others about your experience.

2. Illustrating the Vision: After writing, students can use markers, colored pencils, and other decorative items to draw or illustrate their vision. This can include drawing themselves to achieve the goal, the steps involved, or any symbols representing their journey.

Step 4: Sharing and Reflecting

1. Sharing in Pairs or Small Groups: Invite students to share their journal entries with a partner or in small groups. They should explain their goal, why it's important to them, and describe the key elements of their visualization.

2. Class Discussion: Engage the students with the following reflection questions:

- 🤔 How did it feel to visualize your goal?
- 🤔 What steps did you imagine taking to achieve your goal?
- 🤔 How can visualizing your goal help you stay focused and motivated?

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Step 5:

Daily Visualization Practice

- 1. Routine:** Encourage students to spend a few minutes reviewing their journal entries and visualizing their goals each day.
- 2. Progress Updates:** Periodically ask students to update their journal entries with any new steps they've visualized or taken toward their goal and share their progress with the class.

