



# Friends Couple Enrichment

## Constructing a Couple Vision Board –

A Collage to Express Your Hopes for the Future

### **Materials:**

Magazines and calendars on various topics of interest

Scissors

Glue sticks, glue or rubber cement, etc.

Poster board or heavy paper -- the size you would like (full-sheet, half-sheet, quarter-sheet, 1.5 or 2 sheets taped together)

### **(Optional):**

Tape to place things temporarily

Embellishments, pens, paint, ribbons, sparkles, etc.

### **Steps:**

1. Each person cuts or tears out words and images that appeal to them.
2. When you have gathered a good number of each, consult together about what is attractive about these, and choose as many as you both agree on.
3. Arrange them on the poster board.
4. Glue them down.
5. Hang your vision board in a prominent place where you can look at it often.