Planning & Vision Boards

Simpler Questions

1. Are you a planner? Who in your family is the best planner?
2. Do you know what a vision board is? What do you think it might be? Describe it?
3. How often do you set goals? Do you enjoy setting and planning goals?
4. What is one goal you have this year? Did you achieve any of your goals from last year?
5. If you were creating a vision board, would you use words, pictures or a combination?
6. What motivates you to reach your goals? What is something you want to learn?
7. Which do you find more difficult, setting goals or planning for them?
8. Do you plan your day, your week or your month? Have you ever made a 5-year plan?
9. Do you like writing your goals on paper or do you prefer to save them digitally?
10. Describe a small dream and a big dream you have for the future.
11. Do you prefer small goals or big goals when you are working?

Open Questions

11. Why do you think some people make vision boards? How might they be a good idea?
12. What goals are most important to you - health, family, work or financial goals?
13. How might pictures help you think about your future?
14. What is one goal you achieved in the past, and how did you do it?
15. What is difficult about planning your goals where you currently live?
16. How do you stay motivated when a goal is difficult to achieve?
17. What is the difference between a short-term goal and a long-term goal?
18. Which of these tools help you plan ahead: calendar, notebook, apps or a vision board?
19. How can planning help someone to feel positive about themselves and the future?
20. What types of goals are common for people in your home country?
21. What is one dream you want to achieve in the next five years?
22. How do you feel when you complete a long-term goal?
23. What advice would you give someone who wants to start planning for the future?
24. Do you think planning helps reduce or increase stress?
25. How does planning affect your loved ones and family negatively and positively?

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Planning and Vision Board Vocabulary

- **vision board** — a board with pictures and words that show your goals
- **goal** — something you want to do
- **dream** — something you hope for in the future
- **motivation** — the feeling that helps you work hard
- **inspiration** — something that gives you a good idea
- **picture** — a photo or image
- **word/phrase** — short text you put on a board

Planning Words

- **plan** — to decide what you will do
- **schedule** — a list of times for activities
- **calendar** — a tool to see days and months
- **deadline** — the last day to finish something
- **short-term goal** — a goal you can finish soon
- **long-term goal** — a goal that takes a long time
- **steps** — small actions to reach a goal
- **progress** — moving forward toward a goal

Positive Mindset Words

- **focus** — to pay attention to one thing
- **success** — doing something well
- **habit** — something you do often
- **future** — the time that comes later

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