## VISION BOARD/BOOK CHECKLIST

Choose to make a board or a book

Brianstorm

SMART Visions

Collect iamges

Collect words

Host a party

Gather supplies Book/board, scissors, glue, etc



## SMART PLANNING METHOD

Specific- What exactly are you trying to achieve? Measurable- How will you know when you have achieved it? Attainable- Is it genuinely possible to achieve it? Realistic- Can you realistically achieve this? Timely- When exactly do you want to accomplish this? Have you answered all the above questions honestly, really honest? Take a break and then continue with planning.

