



LIVE YOUR WHY

Afterschool Edition



Create a vision board.



Either draw pictures, cut out pictures from a magazine on a poster or piece of paper and decorate it however you'd like.



These are your goals, dreams, and things you enjoy doing and want to get better at.



Did you discover any new goals you'd like to achieve?



Looking for other ideas to help plan your afternoon? Visit us at www.healthylamoillevalley.org/liveyourwhy