

VISION:
4. FIX YOUR DASHBOARD

FOR MILLIONS OF DRIVERS THE CAR DASHBOARD IS THE FIRST THING THEY SEE ON THE WAY TO WORK IN THE MORNING, AND THE LAST THING THEY SEE WHEN THEY ARRIVE HOME



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IN THIS ACTIVITY THE
"DASHBOARD "
MEANS WHAT YOU SEE
FIRST THING IN THE
MORNING OR LAST
THING AT NIGHT...

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...IT COULD BE THE
WALLPAPER ON YOUR
PHONE, THE BACK OF
YOUR BEDROOM DOOR,
OR THE INSIDE COVER
OF YOUR FILES!

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IMAGINE SOMEONE
THAT YOU ADMIRE
AND RESPECT....

...TAKE YOUR TIME TO
CHOOSE, OFTEN OUR
FIRST THOUGHT ISN'T
OUR BEST!

**TRY LISTING 5-10
PEOPLE YOU ADMIRE
AND SEE WHAT THEY
HAVE IN COMMON.**

WHO DO YOU ADMIRE MOST????



MAKE YOUR LIST NOW.....



**THE CHARACTERISTICS
THAT YOU ADMIRE IN
OTHERS CAN SAY A LOT
ABOUT THE TYPE OF
PERSON THAT YOU WOULD
LIKE TO BE...**

**WHY HAVE YOU CHOSEN
THE PEOPLE ON YOUR LIST?
WRITE DOWN THE
QUALITIES THEY HAVE THAT
YOU ADMIRE.**

**CREATE A TABLE LIKE THE ONE BELOW TO IDENTIFY THE
QUALITIES OF THE ONE PERSON YOU HAVE IDENTIFIED AS THE
ONE YOU RESPECT AND ADMIRE THE MOST....**

CREATE A TABLE LIKE THE ONE BELOW TO IDENTIFY THE QUALITIES OF THE ONE PERSON YOU HAVE IDENTIFIED AS THE ONE YOU RESPECT AND ADMIRE THE MOST....

	ADMIRED PERSON...
Finance	
Family / Personal Life	
Education	
Activities	
Characteristics	
Other	

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USE THE EXAMPLE OF MARTIN LUTHER KING TO HELP YOU UNDERSTAND HOW TO ARTICULATE WHY YOU ADMIRE THIS PERSON

	Martin Luther King
Career	Chose his career from an "inner surge to help humanity"
Finance	Not motivated by money, but what he believed was right
Family / Personal Life	Difficult background, overcame many problems from racism to depression.
Education	Gained a degree, despite significant prejudice.
Activities	Public speaking, Political movements, Intelligent debate.
Characteristics	Brave, Charismatic, Determined, Highly Principled
Other	Able to convey powerful messages with speeches - "I have a dream"

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FINALLY...

- × Write a paragraph on the type of person you would like to be in each area of your life.
- × Practise "no-limit" thinking.
- × Don't limit yourself by your fears, lack of money or lack of time.
- × It is important to clarify in your mind a vision of your ideal self...

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AN EXAMPLE WE HAD FROM A YR12 STUDENT, WHO HAD A DREAMS OF BECOMING A DOCTOR

"I want to be a person who stands up for what I believe and be brave enough to argue my point of view, if I think it is right, even if it is not the popular view. I want to live a comfortable life and earn enough money to travel, have adventures, and see the world. I want to be respected by my colleagues and friends and make a difference to the world, by qualifying as a medic, and spending time working for the international red cross"

NOW IT'S TIME TO BUILD YOUR OWN DASHBOARD

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BIG IDEA



- Vision boards are an excellent method of visualising your future.
- These can be used as your "Dashboard."
- Try using images, quotes, statistics, graphs, to create a picture of what you want to achieve... and importantly how you are going to achieve it.
- Add some of the writing you have done today and images of the people you admire.
- Add imagery representing the journey.... what it will take to succeed and achieve your goals? e.g. changing your habits, working out in the gym, or studying hard.
- On your VISION Board – identify short-term action steps you can start taking right now to start achieving your goals.

Remember; the way you think is important – it affects how you feel and how you behave. But thinking alone, even if you're staring at a vision board, won't change your life.

Positive thinking needs to be combined with positive action.

**VISION BOARDS
ARE A VISUAL
REPRESENTATION
OF HOW YOU
WOULD LIKE YOUR
FUTURE TO LOOK,
AND HOW YOU
INTEND TO GET
THERE.**

