

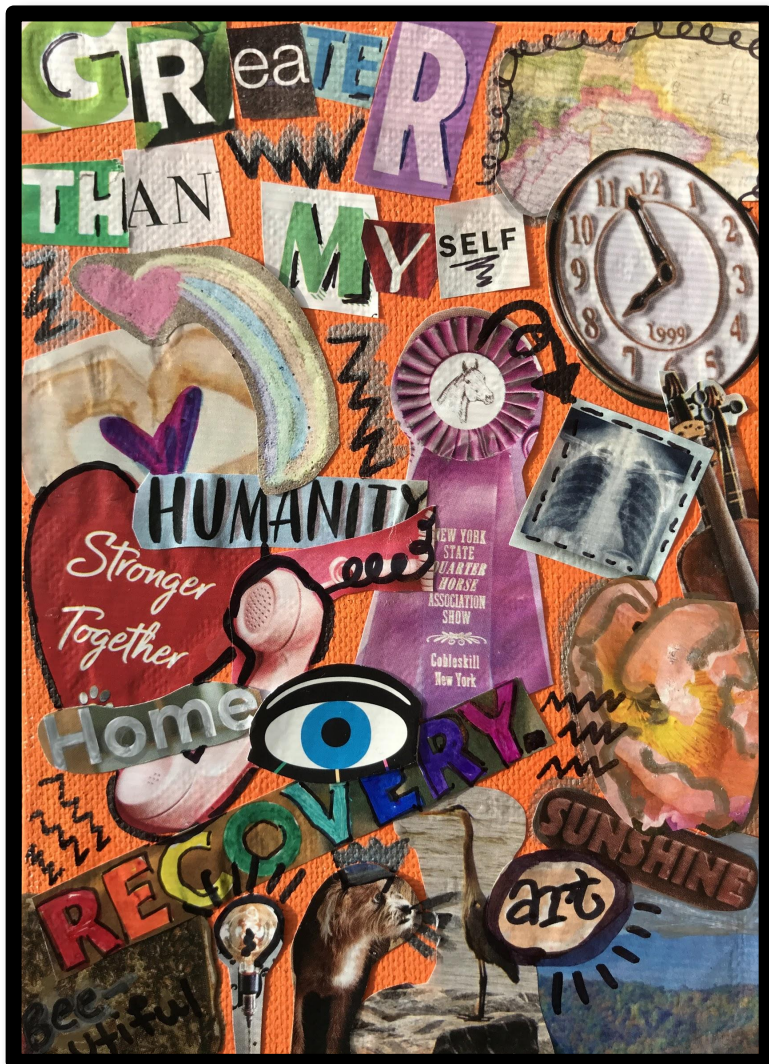
HIGHER POWER VISION BOARD

w/ Margaret M.

In this session, you will learn how Margaret M uses images and symbols in a vision board to represent her Higher Power. You will be invited to consider who, what, or where your higher power is OR consider what you want in your HP. This method of collage generates positive feelings and motivates you to move toward your HP daily. Join to participate in the discussion or join, ready to create along with the group.

HP-Vision Board, 5" x 7"

Images that represent POWERS GREATER THAN MYSELF.



GATHER THESE MATERIALS TO CREATE ALONG WITH THE GROUP

1. SURFACE FOR YOUR HP-VISION BOARD.
-POSTER, CANVAS, SKETCHBOOK PAGE, CARDBOARD. ANYTHING!
(DON'T MAKE IT TOO BIG, THINK 8X10)
2. SCISSORS, GLUE, MARKERS
3. MAGAZINES, JUNK MAIL PHOTOS, PRINT-OUTS. (WE WILL TALK ABOUT WHAT TO CUT OUT DURING THE SESSION, BUT IF YOU DECIDE TO DO PREP, MAKE SURE YOU ARE CHOOSING IMAGES THAT BRING POSITIVE FEELINGS.)

NOTE: THIS CAN BE DONE DIGITALLY. GATHER PHOTOS AND POSITIVE QUOTES FROM A GOOGLE SEARCH IN TO A FOLDER ON YOUR DESKTOP. USE POWERPOINT OR GOOGLE SLIDES TO CREATE A COLLAGE.