



Positively Me Personal Development Books for Kids

## The title 'My Vision Board' is presented in a playful, hand-drawn style. 'My' is in a brown cursive font. 'Vision' is composed of large, colorful, blocky letters: 'V' is pink with a green outline, 'i' is white with a yellow outline, 'S' is purple, 'I' is blue, 'O' is yellow, and 'N' is yellow with a black outline. A red pushpin is pinned to the top right of the 'N'. To the left of the word 'Board' is a yellow lightbulb with a grey base. The word 'Board' is written in a large, dark blue, rounded font inside a light orange rounded rectangle with a grid pattern.

For kids



A Fun Guide To Vision Board  
For Kids



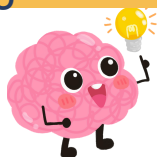
Tutu Adewole

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# Introduction

## Dream Big, Little Dreamer!



Hi there! Welcome to your very own guide to dreaming big and making your dreams come true. This book is all about something super cool called a vision board. Have you ever imagined what you want to be when you grow up, or dreamed about visiting an amazing place or learning a new skill? Well, a vision board can help you turn those big dreams into reality.

### What's a Vision Board?

Think of a vision board like a magical treasure map—but instead of finding gold, it helps you find your goals. You can fill it with pictures, words, and drawings of everything you want to achieve, and it'll remind you to stay focused and excited about your dreams every single day.

## Why Is This Book for You?

This guide was made especially for kids like you who love being creative and have amazing imaginations. With a vision board, you'll have a fun way to think about what makes you happy and how to make those dreams come to life. Plus, it's an activity you can share with your family and friends.

## What Will You Learn?

Here's what you'll discover in this book:

- What a vision board is and why it's awesome.
- How it can help you reach your goals.
  - Easy and fun steps to make your own vision board.

## Ready to Start?

Grab your imagination and get ready to create something amazing.

# Chapter One

## What Is A Vision Board?



Have you ever closed your eyes and imagined yourself doing something amazing? Maybe you're scoring the winning goal in a big soccer game, painting a masterpiece, or playing an instrument on a huge stage. Those daydreams are the first step to creating something magical—a vision board!

### What's a Vision Board?

A vision board is like a giant, colorful wish list that you can see every day. Instead of writing it down, you use pictures, drawings, and words to show what you want in your life. It's a way to remind yourself of your dreams and keep your imagination excited about reaching them.

# What Can Go on a Vision Board?

The best part about a vision board is that it's all about YOU! You can add anything that makes you happy or helps you picture your dreams. Here are some ideas:

- Pictures: Cut out pictures from magazines, print them out, or draw your own. These could be photos of a place you want to visit, a sport you want to play, or something you want to achieve.
- Words: Write or cut out inspiring words like "Brave," "Strong," or "Creative." You can also include quotes or phrases that make you smile.
- Drawings: Don't have a picture of your dream? Draw it yourself! If you dream of a treehouse, sketch it out.
- Stickers or Decorations: Add fun shapes, glitter, or stickers to make your board extra special.

## Why Is It Called a Vision Board?

The word “vision” means seeing something in your mind. When you look at your vision board, it helps you imagine your dreams coming true. And when you keep thinking about your dreams, it’s easier to figure out how to make them real!

## What Does a Vision Board Do?

Your vision board acts like a magical guide. When you put it somewhere you can see it every day, it reminds you of what you’re working toward. It’s like having a cheerleader that says, “You can do it!” every time you look at it.

Here’s a fun secret: Many famous people, like athletes, actors, and musicians, use vision boards to keep track of their goals. If they can do it, so can you!

## Activity:



### Imagine Your Big Dream

Before we start creating your vision board, take a moment to close your eyes and dream big. Imagine what your happiest, most exciting life looks like. Ask yourself:

- What do I love doing the most?
- Where do I want to go someday?
- Who inspires me?

Now, hold on to those dreams—they're the stars of your vision board!

Ready to learn why vision boards are so powerful? Let's find out in the next chapter!

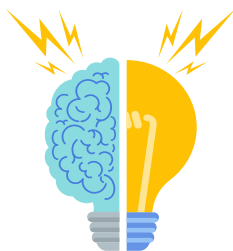


## Chapter Two

# Why Do Vision Boards Work

When you really want something—like learning a new skill or visiting a cool place—you might notice it pops up everywhere. That’s because focusing on your dreams helps your brain pay attention to things that can bring you closer to them. A vision board is a tool to help you focus and stay excited about your goals.

### Focus on Your Dreams



When you create a vision board, you’re telling your brain, “This matters!” Your brain starts noticing opportunities to help. For example, if you put a picture of a soccer ball on your vision board, you might start noticing local team sign-ups or tips to improve your skills.

Vision boards also keep your dreams visible, reminding you to stay focused on what's possible.

## How Daydreaming Helps



When you imagine yourself doing something amazing, like playing a song or scoring a goal, your brain starts to prepare for it. This mental practice builds confidence and helps you believe you can achieve it. Many athletes, artists, and scientists use this technique to stay motivated. Your vision board helps you picture your future and work toward it.

## Stay Inspired

Sometimes chasing your dreams feels tricky, but a vision board can remind you of your “why.” Whether it’s a picture, word, or drawing, each piece keeps you motivated and helps you stay on track.

## Activity:



### Your Turn

To get ready for the next chapter, answer these questions:

1. What's one thing you've always wanted to do?
2. Who inspires you, and why?
3. What would your dream day look like?

These answers will guide you as you start building your vision board!

# Chapter Three

## How To Create Your Vision Board



Now that you know what a vision board is and how it works, it's time for the fun part—making your very own! You'll get to design a special board full of your dreams, goals, and ideas. Let's take it step by step so you can create something that inspires you every day.

### Step 1: Think About Your Dreams

Start by asking yourself a few questions to spark your imagination:

- What do I love to do the most?

- What kind of person do I want to be?
- Where do I want to go someday?
- What makes me feel happy or proud?

Write down your answers or keep them in your head. These ideas will help guide what you put on your vision board.

## Step 2: Gather Your Supplies



Here's what you'll need to get started:

- A board or piece of paper (like cardboard, poster board, or even an old notebook).
- Magazines, newspapers, or printed pictures.
- Scissors, glue, or tape.
- Markers, crayons, or colored pencils.
- Stickers, glitter, or anything fun to decorate your board.

Tip: If you don't have magazines or pictures, you can draw your dreams instead!

## Step 3: Find Your Favorite Images and Words

Look for pictures, words, or drawings that represent your dreams. For example:

- Want to be a soccer player? Cut out a picture of a soccer ball.
- Dreaming of visiting the beach? Add a photo of sandy shores and waves.
- Hoping to be brave or confident? Find words like “Courage” or “Strength” to include.

Anything that reminds you of your dreams can go on your vision board.

## Step 4: Arrange and Glue

Lay out your pictures and words on the board before gluing them down. Move them around until they look just right. You can group similar dreams together or make your board colorful and random—there’s no wrong way to do it!

Once everything looks good, glue or tape your items in place. Add decorations like stickers, glitter, or doodles to make it truly yours.

## Step 5: Display Your Vision Board

Find a special place to put your vision board where you can see it every day. It could be in your room, on the fridge, or even as a screensaver if you make a digital version. Seeing your vision board often will remind you of your dreams and help you stay excited.

## Activity



Create a Mini Vision Board Now!

If you don't have all your supplies yet, try making a mini vision board on paper. Draw or write one thing you dream of, and decorate it however you like. This mini version can inspire your full vision board later.

### Your Vision, Your Journey

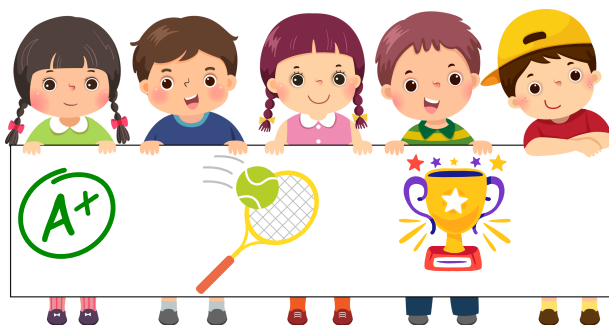
Remember, your vision board is all about YOU. It doesn't have to look like anyone else's. It's your personal treasure map to your dreams, and it's a tool to keep you inspired and focused on the amazing things ahead.

Next up, let's talk about how to keep your vision board working for you and share it with others. Ready to keep dreaming big? Let's go!



## Chapter Four

# Dream Big Together



Now that your vision board is ready, let's talk about how to make it even more powerful. Sharing your dreams with others can make the experience more exciting and help you stay inspired. Plus, you can work together to cheer each other on and make those dreams come true!

## Share Your Vision Board

Sharing your vision board with someone you trust—like your parents, siblings, or friends—can help you stay excited about your goals. When you talk

about your dreams, others might:

- Give you new ideas to add to your board.
- Cheer you on when you're working toward your goals.
- Help you figure out steps to make your dreams come true.

Example: If you have a picture of a piano on your board, your friend might know about a music class you could join. Sharing your vision board opens up new possibilities!

## Look at Your Board Every Day

Your vision board works best when you see it often. Here's how you can use it daily:

- Look at it every morning to remind yourself what you're working toward.
- Spend a few minutes imagining your dreams coming true.
- Celebrate small wins—every step you take toward your goal is a reason to feel proud!

Tip: If your dreams change or grow, you can update your vision board anytime. It's your tool to help you keep dreaming big.

## Work Together on Big Goals

Dreaming is even more fun when you do it with others. You can:

- Host a vision board party with your friends to share ideas and create boards together.
- Set a family goal and make a group vision board to represent what you all want to achieve.

When you work as a team, everyone feels more motivated to help each other succeed.

## Keep Dreaming Big

Your vision board is just the beginning of your journey. Keep imagining, creating, and sharing your dreams, and watch how amazing things start to happen. Together, you can achieve more than you ever thought possible!

## Chapter Five

### Your Next Step



Congratulations! You've learned all about vision boards, why they work, and how to make one. Now it's time to keep the magic going. Let's talk about how to use your vision board every day, update it as you grow, and take steps toward making your dreams come true.

### How to Use Your Vision Board

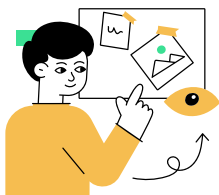
Your vision board is like a guide to your future, so let it inspire you! Here's how:

1. Look at it every day: Spend a few minutes each morning or evening looking at your board. Think about your dreams and imagine them happening.

2. Take small steps: Ask yourself, “What’s one little thing I can do today to get closer to my dream?” Even tiny actions, like practicing a skill or learning something new, will help.

3. Celebrate wins: Whenever you achieve something from your board, celebrate! It can be as simple as a happy dance or telling someone you’re proud of yourself.

## Keep Updating Your Vision Board



Dreams can change as you grow, and that’s okay! You can update your vision board whenever you want by:

- Adding new goals or ideas.
- Replacing pictures or words that no longer feel exciting.
- Making a brand-new board if you have a big change in focus.

## Your Journey Starts Here

Your vision board is more than just pictures and words—it's your own special tool for creating the future you want. Keep dreaming, keep imagining, and remember that every step, no matter how small, brings you closer to your goals. The world is full of possibilities, and your dreams are worth chasing.

The next step is up to you—go out there and make it happen!



*Story*

## Demi's Big Art Adventure



Demi loved to draw. Whether it was doodling in his sketchbook or painting with bright colors, creating art made him feel happy and full of ideas. One day, as Demi was sketching a sunset, he thought, Wouldn't it be amazing to have my art in an art show someday? But the idea seemed so big, Demi didn't know where to begin.

That weekend, his mom introduced him to vision boards. "It's a way to turn your dreams into goals," she said. "You can use pictures and words to help you focus on what you want to achieve." Demi was intrigued. "Let's do it!" he said.

## Demi's Vision Board

Demi and his mom gathered supplies: a poster board, scissors, glue, magazines, and colored markers. Demi started by thinking about his dream. He imagined his artwork hanging in a gallery, people admiring his paintings, and even creating art for his own website.

He found pictures of paintbrushes, an artist's palette, and a gallery wall filled with beautiful paintings. He also wrote words like "Creative," "Bold," and "Inspire" in colorful letters. Demi even added a photo of himself holding a paintbrush. When he was finished, his vision board was bursting with colors and ideas.

## Turning Dreams Into Action

Demi hung his vision board in his room where he could see it every day. "If I want my art in a gallery," he thought, "I need to practice and learn



more.” He decided to start small. Each week, he set aside time to work on a new painting. He also signed up for an after-school art class to learn new techniques.

His teacher, Mr. Sanchez, was impressed by his passion. “You have a great eye for color,” he said. “Why don’t you enter your painting in the community art contest?” Demi’s heart raced. He had never shown his art to anyone outside of school, but he remembered his vision board and decided to go for it.

## Demi’s First Art Show



On the day of the art contest, Demi’s painting of a golden sunset was displayed alongside artwork from other kids. He felt nervous as people walked by, but when he saw their smiles and heard their

compliments, he couldn't stop grinning. To his surprise, he won second place! He received a certificate and a set of professional paintbrushes.



When he got home, he added his certificate to his vision board. "This is just the beginning," he thought.

## Dreams Keep Growing

Winning the contest gave Demi the confidence to dream even bigger. He added new pictures to his vision board, like an artist's studio and a group of kids creating art together. His next goal was to organize an art show at school to inspire others.

Demi learned that with focus, hard work, and a little courage, his dreams could grow into something amazing. His vision board reminded him every day that anything was possible.

Demi's story shows how small steps can lead to big accomplishments.

A vision board is a tool to help you believe in your dreams and take action. Whether you love art, sports, music, or something else, your vision board can help you imagine your future and bring it to life.

What will you create with yours?



## About the Author

My name is Tutu Adewole, and I am a life and personal development coach for children, as well as the founder of **Positively Me kids Life Coaching Studio**. My mission is simple yet powerful: to inspire and empower kids to lead confident, purpose-driven lives in a world that often challenges their sense of self.

As a Medical Doctor, I've seen firsthand how resilience and self-belief can shape lives. This fueled my passion to raise positive, empowered children and led me to train as a life coach for kids. I specialize in helping children build essential life skills that enable them to take charge of their futures and approach challenges with confidence and clarity.

What sets my coaching apart is my ability to connect deeply with children through play, creativity, and conversation. I create a safe, engaging space where kids can uncover their potential, make meaningful changes, and develop the tools to navigate life with purpose and joy.

Through **Positively Me**, I run impactful workshops, courses, and seminars that include personal development coaching, leadership training, and business skills for kids. These programs are designed to help children dream big, take bold action, and step into their greatness.

For more information, let's connect:

 **Website:** [www.positivelyme.org](http://www.positivelyme.org)

 **Email:** [positivelymekids@gmail.com](mailto:positivelymekids@gmail.com)

 **Instagram:** [@Positivelyme.kids](https://www.instagram.com/Positivelyme.kids)

# My Vision Board

Turn your dreams into reality with this fun and inspiring guide to vision boards! Learn how to imagine your future, set exciting goals, and create your own colorful board to keep you motivated. Packed with simple steps and inspiring stories, this book will help you dream big and take the first step toward making it all come true!  
Perfect for kids ages 6-12.



Tutu Adewole is a Medical doctor and is a life and personal development coach for kids. She is the founder of Positively Me, where she coaches children to become the leaders of their own lives and to help them imbibe the valuable skills and success habits they need for life.