

The background is a light blue and white marble pattern with gold-colored veins. A small, detailed brown butterfly is perched on the top right corner of the title box. In the bottom left corner, there are several gold-colored outlines of leaves or petals.

CAREGIVER VISION BOARD



Welcome

This activity is designed to provide you with a space for reflection, creativity, and the opportunity to envision the future you desire. As caregivers, your role is invaluable, and it's essential to take a moment for yourselves, to explore your aspirations and dreams.

Through the process of crafting a vision board, I will guide you in visualizing your goals, passions, and the positive energy you wish to have in your life. This experience is not only a chance to nurture your own well-being but also a communal celebration of the incredible work you do.

Step One: Looking Back

What were the most rewarding moments over the past year? What were the most challenging?

What support systems, resources, or coping strategies did I find most helpful during challenging times? What would be helpful for me to let go of?

What moments brought me a sense of joy, laughter, or emotional connection?