

TRANSFORM YOUR INTENTIONS INTO REALITY

VISION BOARD WORKSHOP

A Creative Journey to Explore Your Goals, Dreams, & Aspirations

What is a Vision Board?

Instead of just thinking about your goals, a vision board helps you put them onto paper using words, colors, and symbols. It acts as a visual map of the things that are truly important to you, showing you clearly what you are working toward, what you want more of in your life, and what inspires you daily.

WHY ATTEND?

- **Gain Crystal Clarity:** Define your professional, mental, and personal growth paths.
- **Release & Renew:** Actively identify and let go of doubts, negative thoughts, or old habits holding you back.
- **Community Connection:** Share a meaningful, supportive experience with family, friends, or peers.

EVENT DETAILS

- **All Base Supplies Provided:** Canvas, glue, scissors, magazines, mod podge
- **What to Bring:** Any personal photos, unique magazines, or specific quotes or symbols that directly speak to you.

Date: Saturday, November 21st, 2026

Time: 10:00 AM – 1:00 PM

Location: Minnetonka Community Center : Minnetonka Mills Room
14600 Minnetonka Blvd., Minnetonka, MN 55345

Cost: \$20

Facilitators: Monica Sherman MA, Kim Ostman, MA, LPCC

Workshop Workflow

- **Think First & Reflect • Let Go of Obstacles • Create & Visualize • Reflect & Share**

Email Monica to register at monica.sherman@knowthyselfpllc.com

(Checks made payable to Stronghold Counseling, LLC)