

## **Podcast Episode #5: Creative Goal Setting**

Do you process ideas best when making something? These projects can help you set your annual goals!

## **Dream Board**

How to make your dream board:

List what makes you happy. It could be experiences, objects, people, activities and places.

Gather a photo of each item. You could search for each item at http://images.google.com, save the image into a document and get it printed on a color printer.

as brown kraft paper.

Lay out the images on the paper, seeking patterns between the images.

Take a photo of your draft layout and

leave it alone for a few days to let the layout percolate in your mind.

Get a very large piece of paper, such

Tape or glue down the images. Label the patterns that explain how the images are connected, if you'd like.

Full blog and zoomed-in photos - http://trashmagination.com/dream-board/



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## **Gratitude Box**

Get 365 index cards and a sturdy box to hold them.

Print the month and day at the top of each card – but not the year.

Under the month and day, write the year and the words "I am grateful" as a prompt.

Write something that made you feel grateful each day. You can also write a lesson learned.

To aid in remembering, keep the box in a spot where you will see it every day, and time the activity to happen at the same time as a daily activity such as teeth brushing or going to bed.



Full blog - <a href="http://trashmagination.com/my-daily-gratitude-journal-in-a-box/">http://trashmagination.com/my-daily-gratitude-journal-in-a-box/</a>

Initial idea from Design\*Sponge:

http://www.designsponge.com/2010/12/diy-project-vintage-postcard-calendar-journal.html