

## Vison Board Reflection

The vision board I created in my first term of the RN-BSN program wasn't my first vision board. I had created a few in the past and really believe they can inspire me to achieve my goals. The important thing is not to just show what I want to accomplish but how I will feel after reaching those accomplishments. It must reflect my values and to give it an extra punch I usually include pictures of other people in my life for inspiration. For example, in this vision board I have pictures of friends I knew prior to the program that entered with me and then a picture of new friends I meet in the RN-BSN program. These pictures give me a sense of unity and a team mentality. If I have a problem somewhere along the way of achieving these goals, I have friends and team mates to help set me straight. The board also shows me relaxing playing golf and travelling to two destinations I always wanted to go to. By visualizing these wonderous places (New York City and the Amazon rain forest) every day I draw inspiration to really make it happen.

As far as my professional aspirations I have two main goals, and both are represented well on the vision board. First and foremost, finishing my RN to BSN program. This is a prerequisite to my next professional goal, to become wound care certified. I can't achieve the second without achieving the first. By having the second goal present however I know that gaining my BSN is important, but it won't be the final step of my journey. That will take place when I finish my WOCN program sit for my certification and pass the exams. That is when I will design another vision board seeing myself in a new career as a wound care RN and possibly working at a different hospital. This would be a huge change for me but one that I'm ready to make. Having a vision board helps turn my dreams into reality and keeps me focused. I've proven that before when I made one for my original nursing program and became an RN after being an RT for 13 years.

Thankfully, I will have 4 months off between my BSN program and WOCN program and plan on using that time with my family. Spending quality time with my wife and daughters is important and I feel like over the past 20 months I've neglected them a little bit. I also would like to play my number one hobby golf. I haven't had any time to really do that during RN-BSN. Finally, my vision board includes inspirational messages from three historic figures I really respect: Muhammad Ali, Mahatma Gandhi, and Bruce Lee. Their words are another source of inspiration that I strive to live by. Just saying those quotations not only brings the words to life, it also brings my memories of them to life. They provide another source of motivation to finish and accomplish my goals.