

# A 5-Step Guide for Promoting Better Family Communication

**How to Create a Vision Board with  
Your Family that Actually Works!**



Every December, I purchase a variety of poster boards, collect magazines, head to our local art store for scrapbooking materials and send out a calendar invite to the members of my family.

## The agenda: Visualizing our New Year goals together, one board at a time.

I did not invent the concept of the vision board, a powerful tool which Olympic athletes have been using for decades to improve performance. However, I often recommend using them to promote language skills to the therapists of my online speech therapy company, Great Speech.

What I did was take this performance and clinical tool and turn it into a family activity to encourage communication, introspection, the sharing of ideas, feelings and goals, while presenting it as a creative, interactive and fun holiday tradition.

And now I'm sharing my vision board experience in this step-by-step guide with you.





# Commit & pick the date.



With all the holiday planning and gift buying, it is often difficult to choose  
**THE DATE.**

My advice: check your family calendar  
and pick the best day and time.

Then share the date and time with your  
family.

Send out evites, write out paper  
invitations or mark the big calendar  
where you keep track of the family  
activities.

And let the countdown begin.



# Gather the supplies.



Involve your family members in collecting supplies. If they are too young to head out on their own, include them in your shopping trip and let them choose what they want to use.

## Suggested supplies:

- poster boards
- scissors
- glue sticks/glue gun
- double sided tape
- markers/crayons/glitter pens/sharpies
- rulers
- cut out letters and
- magazines & newspapers
- photos (does anyone have those anymore?)
- **anything else that sparks joy**



# Set the mood & the tone.



**New activities are not always well-received.**

My husband and I have found that adding takeout from the children's favorite restaurant after the project and creating a playlist sets the right mood and tone.

**The more excitement you create, the more successful it will be.**



# Add some structure. Establish the expectations & guidelines.



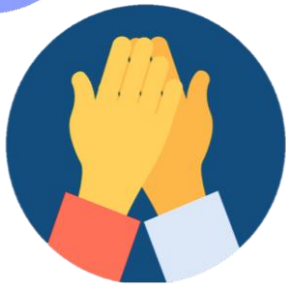
The day finally comes.  
The music is playing, and the table is  
overflowing with supplies.  
But will anyone know what to do?

## Here are tips for first timers:

- **Explain** what a vision board is.
- **Show examples** of vision boards
  - Stay away from the professional or overly intimidating ones. The purpose is to show them how easy and fun it is to create.
- **Ask open-ended questions**
  - What three things do you hope to accomplish in 2020?
  - Or include a place you want to visit, a person you would like to meet or an activity you would like to start.
- **Provide positive reinforcement & encouragement.**



# The After Party.



Congrats! You did it. Do a happy dance.  
Focus on the conversation.  
Any communication is a sign of success.  
Even eye rolling.

Not everyone is going to buy in the first  
year. The more consistent you are, the  
greater the chance the others will come  
around.

The beauty of this project is that it is not a  
one and done.

Laminate the boards, frame them and hang  
them up. Read between the lines.  
Reference it during the year as things come  
up in conversation.

Get to know your family through this  
activity and build on the lessons learned  
during the year.

Then start planning for the next one.

## It only gets better.

# We are Great Speech

We are the pioneers of virtual speech therapy.

Your communication is too important to trust just anyone. Our industry-leading therapists have transformed the lives of thousands of children and adults since 2014.

Our unique model produces results for people of all ages and conditions — AND it's convenient and engaging. In fact, **our clients tell us that sessions don't feel like "therapy work."**

Speech is how you communicate your thoughts; it's what we hear. Language is what you want to say; it's what we think.

When you have great speech and language, you express yourself fully and connect successfully with others.

**We'll work with you to develop your unique, specialized plan** and unlock your most powerful communication.





**Whether you're seeking services for  
yourself or a loved one,  
you've come to the right place.**

**Online speech therapy programs give  
everyone the chance to communicate with  
ease and confidence.**

**No matter what our client's goals are, we  
can help.**

**Get Started Today!**