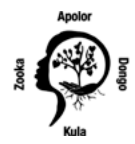
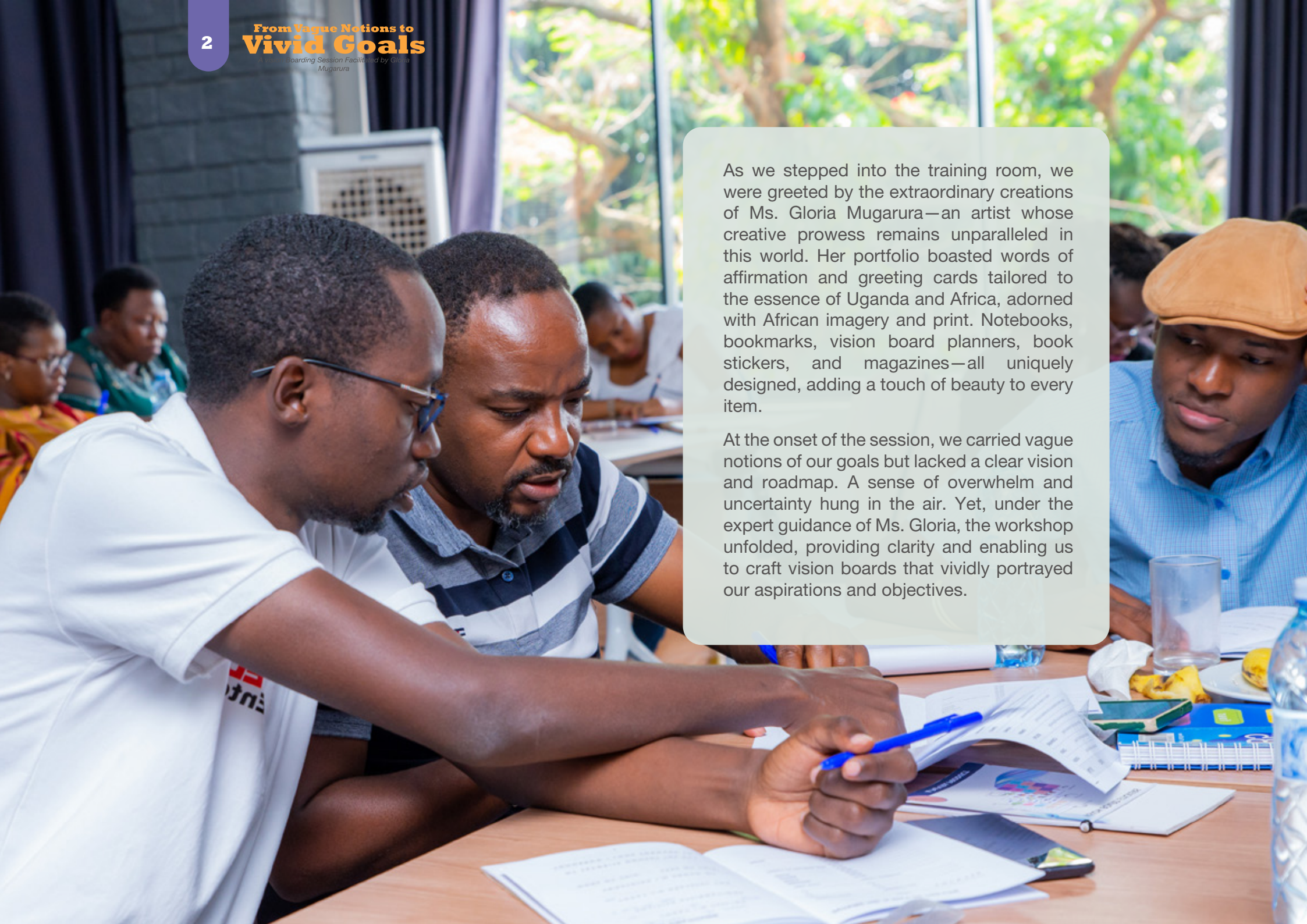




From Vague Notions to Vivid Goals

A vision Boarding Session Facilitated by Gloria Mugarura



A group of people are seated at tables in a bright, modern training room. In the foreground, two men are focused on a document on the table. The man on the left is wearing a white polo shirt and glasses, while the man on the right is wearing a striped polo shirt. They are both looking intently at the paper. In the background, other participants are visible, some looking towards the camera and others looking down at their work. Large windows in the background let in natural light, showing green foliage outside. The room has a clean, professional atmosphere.

As we stepped into the training room, we were greeted by the extraordinary creations of Ms. Gloria Mugarura—an artist whose creative prowess remains unparalleled in this world. Her portfolio boasted words of affirmation and greeting cards tailored to the essence of Uganda and Africa, adorned with African imagery and print. Notebooks, bookmarks, vision board planners, book stickers, and magazines—all uniquely designed, adding a touch of beauty to every item.

At the onset of the session, we carried vague notions of our goals but lacked a clear vision and roadmap. A sense of overwhelm and uncertainty hung in the air. Yet, under the expert guidance of Ms. Gloria, the workshop unfolded, providing clarity and enabling us to craft vision boards that vividly portrayed our aspirations and objectives.

The vision boarding activity served as a transformative experience for Growers, allowing them to tangibly visualize their dreams and aspirations. Building upon lessons from previous modules facilitated by Dr. Lydia Mpanga and Ms. Belinda, Growers developed personal mission statements, personal development goals, and brand values. The facilitators guided us through a vision boarding plan that prompted thoughtful consideration of goals, values, and plans before translating them into a visual masterpiece. The process also involved breaking down long-term goals into manageable, actionable steps. Growers learned to set SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals and establish timelines for their achievement.



Empowered by the vision planner, Growers meticulously selected images and words from diverse magazines, symbolizing their desired futures, plans, and business endeavors. The arrangement of these elements on their vision boards allowed participants to create a visual narrative of their goals and aspirations. Armed with their vision boards and plans, participants felt motivated and ready to take action.

As Growers embark on their leadership growth journey, challenges may arise, but we hold an optimistic outlook that their vision boards and plans will serve as steadfast reminders of their goals. These carefully crafted visuals will keep them focused and motivated, even in the face of adversity, enabling them to make informed decisions aligned with their long-term visions.



MEET YOUR FUTURE SELF

THEN CREATE THEM



If you're reading this and haven't created a vision board or participated in such an exercise, keep an eye out for the registration of Growj Cohort 4. Joining this transformative journey will provide you with the clarity, motivation, and tools needed to transform your dreams into reality.

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