

SDCoDA

Join Us for 1st CoDA Vision Board Activity

Come create a VIBRANT VISION for yourself. The more you think about the way you want your life to be, the stronger opportunity you will have in developing a plan that is going to bring you joy, gratitude, and a life of abundance.

Areas you might focus on? Spirituality, Personal and Professional Life Goals, Health, Fitness, Finances, Family, Friends, Relationships, Education, Community, and Self Care...

Areas can you think about? Think about what motivates and inspires you. Think about meaningful phrases and quotes that are uplifting and that offer clarity.

Materials: Poster Board, Magazines, Google Images, Glue Stick, Scissors, Glitter, Stickers, Fake Jewels, Fake Money like Monopoly Money, and/or anything you can think of that might be useful in starting to create pictorially the life you want to live. Create a collage of your new life.



When: Tuesday October 27th

Time: 7:00 pm - 8:30 p m...

Zoom ID 896 3693 3648

Zoom Passcode 930908

If you have questions or if you need help with supplies, please feel free to call Tina at 1-619-957-3071

"Destiny is not a matter of chance, it is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved." Jeremy Kitson