



Creating a Vision Board

Instructions

Are you a person living with HAE, or a family member of someone with HAE?

Would you like to take part in the call for artwork “Stronger Than HAE Through Sports,” but you do not yet have an artwork piece ready and/or you are not quite sure where to begin?

Follow these instructions to create your very own Vision Board and join the HAE Junior call for artwork submissions, bringing together participants from the Czech Republic and across Europe. The deadline for submissions is 12th December 2026.

A vision board is a collage of images, words and short affirmations. It helps remind you what you would like to achieve – and how you want to feel along the way.

How to Create Your Vision Board

Step 1: Define Your Visions and Goals

- **Reflect:** Think about what kind of movement brings you joy. How do you like to exercise? What are your wishes for a healthy lifestyle? What would you like to bring into your everyday life? Who would you like to practice sports or exercise with?
- **Visualise:** Imagine an active day – and the feelings that come with it.
- **Write it down:** Write your specific wishes and goals on a piece of paper.

Step 2: Gather Your Materials

- As you start thinking about your board, you may begin to notice images, symbols and quotes that feel just right for you. When something “jumps out” at you, save it and set it aside.
- Those of you who enjoy drawing or painting, feel free to go ahead and create on a blank piece of paper.
- **Images:** Look for images in magazines, draw them yourself or ask a friend to help.
- **Quotes and affirmations:** Find motivational phrases that give you energy. Write them down.

Step 3: Create Your Dream Board

- Use a sheet of firm paper in A4 or A3 landscape format.
- Prepare your images, quotes, cut-outs, visuals, shapes and anything else you would like to include.
- Collate everything intuitively on the paper in front of you. You can start from the centre or from the edge – whatever feels best to you.
- When you are happy with the layout, glue the various pieces in place.
- Take your time and do not rush. With each wish, imagine how it feels. Imagine that your wish is already happening – that you are already experiencing it.



- Do you have lots of ideas and pictures? Wonderful – feel free to create more than one board!

Step 4: Name It, Share It and Use It

- Choose a title for your Vision Board. Ideally, choose one that inspires you and also tells viewers something about you. For example: “I Am Stronger Than HAE” or “The One Who Loves Sports.”
- To enter the call for artwork, participants or their parents/legal guardians are kindly asked to submit a high-resolution digital copy of their creative piece, together with the required information, by completing the form available [HERE](#) by 12th December 2026.
- Finally, choose a visible place for your Dream Board at home, so you can return to your wishes for a little moment every day. This is one way to invite your wishes into your present life. Feel free to adjust or add to your board throughout the year.

Thank you for your interest in taking part in the “Stronger Than HAE Through Sports” call for artwork, organised by the patient organisation HAE Junior for future art exhibitions and/or other awareness-raising projects.

For any questions, please contact us at: info@haejunior.cz.

Thank you!

The HAE Junior Team

www.haejunior.cz