

Visual Storytelling

HOW TO COLLAGE YOUR SEASON



A tool for coaches, individual clients and group coaching

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Use old magazines to create 2 collages:

1. WHAT IS YOUR CURRENT REALITY?
Find pictures & words in old magazines that represent what your life looks like right now. Some ideas:
 - If your mind were a picture, what would it look like? Heart? Body? Soul?
 - What color is your season?
 - What drains you?
 - What does joy look like now?
 - What words are you drawn to in this season?

Cut them out, then glue your pictures together to create one collage.

What is the name of your collage?

important tip

WHAT WOULD IT BE LIKE TO NOT OVERTHINK THIS ACTIVITY? WHAT IF YOU ALLOWED YOURSELF TO BE DRAWN TO AN IMAGE OR WORD WITHOUT JUDGEMENT?



2. WHAT IS YOUR DESIRED REALITY?

Find pictures & words in old magazines that represent your future life or your desired reality. Some ideas:

- What are you drawn to?
- What do you long for?
- Where would you like to be?
- If possibility were a picture, what would it look like?
- What brings you life?
- If your future mind were a picture, what would it look like? Heart? Body? Soul?
- What color is your next season?
- Where is joy?
- What words are you drawn to?

Cut them out, then glue your pictures together to create one collage. What is the name of your collage?

