

Vision Board

How to create one and reach your dream

Creating a Vision Board

Who are you? What does your dream life look like? What lights you up? When you acknowledge what you desire most in your life, you live authentically. Creating a vision board is one of the first steps in visualising how that life looks.

Vision boards help you focus on what's important to you.

Remember– Research says you're 1.2 to 1.4 times more likely to achieve your goals if you commit to writing them down (or making a visual representation of them)

A vision board is a simple tool that helps you visualise your dreams and your goals.

The value of vision boards lies in the way they make you feel when you're looking at the images. Your board should evoke positive emotions within you that are related to the goals you're trying to achieve.

Your vision board will end up being unique to you, and can be any type of board that you use to display text and images that are representative of the things that you want to be, accomplish, or have in your life.

Having a concrete reminder of where you're trying to go in life will help you maintain motivation and inspire you to take daily action to move closer to reaching your biggest and most important goals in life.

There are a few things to keep in mind before you get started...

First, remember that the purpose of your vision board is to give life to everything that's on it. You want to feel an emotional connection with whatever image you include, so that when you look at it, you will feel what you want for the future rather than merely seeing a 2D picture.

Step #1: Collect Your Vision Board Supplies

To get started, you will need... (suggested list)

- A corkboard, a magnetic board, canvas etc
- scissors
- Glue
- Different coloured markers, pens, crayons etc
- Sticky tape or double sided tape
- Stickers
- Quote and Sayings Cards
- Magazines
- Printable words
- Photos
- Personal items
- Craft items

Step #2: Identify Your Dreams/Intentions/Goals

Who do I want to be or what do I want to be different in the key areas of my life by the end of the year?

- Spirit
- Body – Physical and Emotional
- Family
- Friends
- Finances
- Work/Business/Study/Home
- Fun

You can choose to focus on one specific area of your life, or a more general collective, covering many areas.

Think about/jot down some ideas, write down some words to describe how you want to feel when you look at the board.



Step #3: Prepare and Organise Your Vision Board

Set aside a reasonable amount of time (1.5 - 2 hours) to work on your vision board. But don't rush it—doing so can defeat the purpose of creating a vision board altogether. When we rush through life we lose touch with what we really want.

Get started by collecting pictures, quotes, affirmations, thoughts, photos, descriptive words etc. that represent your Dreams/Intentions/Goals. Gather anything that represents the feelings or experiences that you want to experience in your life. (There are many free printables online that may be helpful).

You can go through magazines to look for pictures or do image searches on Google if you are looking for something specific.

*It's better to end up with more material than you will actually use, so you can pick and choose.

Step #4: Create Your Layout

Once you're all set with your materials, the next step is to lay everything out in a way that's visually pleasing to you.

Maybe start with a quick hand drawn plan then place everything without sticking down to make sure it fits without being cluttered.

Trim down your pictures and start adding your quotes and descriptive words. Keep moving things around until it feels right. (You can 'layer items' ie put words and quotes over a picture)

If you are stuck for ideas look online and search for examples

Step #5: Finalise Your Vision Board

Once you're happy with how your vision board looks, attach/stick/pin all of your materials to your board.

All you need to do now is determine where you want to hang your board so you'll be able to see it multiple times a day....remember this is your inspiration.

Once you've created your vision board, you will end up with a visual representation that you can keep in front of you every day to remind you of your why and the things that you're working toward. This visual tool can be especially helpful on those challenging days that make you want to give up.

