



Create a Vision Board

Benefits of vision boards

- The time you take to create your vision board is a gift to your future self.
- The process of creating your vision helps you focus in on what you truly desire and want to work towards.
- As you're creating your vision board you are tapping into your creativity where possibilities live....what a fun place to be!
- When you have a visual representation of your desires they can support you when you hit a roadblock.... they can keep you motivated to continue on your journey.

Set Up & Materials

- Set a 2+ hour time block for yourself.
- Gather Magazines (sometimes you can find free ones at the library, Dr. offices, ask on FB groups, etc...)
- Find a comfortable spot....you'll need a bit of space to work comfortably with your supplies.
- Gather scissors, glue, paper (or decide what page of your planner you will put it on).
- Extras: washi tape, paper, stickers, markers, etc...

Process

Ask Yourself

- What do you want to accomplish this year? In your life?
- How do you want to serve the world?
- How do you want to feel?

Look & Cut

- Start to look through the magazines and cut out any image, word, quote the ties back to the answers above. Cut out anything that inspires you to accomplish what you desire.

Arrange & Glue

- Start to arrange the images, words, quotes on your paper/pages. You can either group like with like or have it scattered around. I would say less is more as far as images and such. For me if it's cluttered, it becomes overwhelming.
- Add paper/washi tape/stickers/etc...if you'd like to spruce it up.

Look & Do

- Look at your vision board often!!!! Daily if you're able.
- Start to take action to achieve your goals!
- Bonus points if you share it with someone and they hold you accountable.