

Vision Board Creation

A Vision Board is typically a poster board on which you paste images that you've taken from various magazines, and draw or doodle about your dreams and aspirations.

It's simple, fun and effective!

The bigger you can make your board, the more room you will have to represent your desires. A1 or A2 is an ideal size. (You can buy poster boards from any hobby or craft shop, but if you prefer you can recycle any large piece of cardboard you may have, to use as a base for your ideas.)

Alternatively, you could use a large drawing pad.

When you allow yourself to spend time focusing on images of how you would like your life to be, your conscious and unconscious thoughts will start to direct your actions to match your imagined ideal. A vision board gives clarity to your desires, and feeling to your visions.

Before you start you will need the following:

- Undisturbed, quiet time to yourself;
- Poster board. (as described above.);
- A pile of various old papers and magazines;
- Glue. Use a brand that's strong enough to last a few years.
- Colourful pens/pencils/paints/crayons for any doodles, comments, etc., that you might wish to add.

1. **To begin**, sit quietly and set your intent in your mind. e.g.
"I'd like next year to be like.....", or
"I'd like my life to feel like.....". or
"What do I want to achieve next year.", or words of your own choice.

You may wish to write your chosen statement down – either somewhere on your board or on a note you can refer to. (Note: You may wish to edit it slightly later, depending where your thoughts take you.)

2. With kindness and openness, consider your statement of intent. Relax and close your eyes if you wish. Maybe one word, or a group of words, will arise as a theme. Maybe several images will come into your head. Maybe you will experience feelings, sounds, tastes or smells. Simply observe whatever comes to you. This process allows your conscious thoughts to step aside, just a little, so that you can more clearly.
3. Having connected with the vision(s) of your goal(s), browse through your pile of various magazines and papers and select whatever appeals to you (even if it is not in alignment with your vision(s)). No gluing yet! Allow yourself to have fun choosing the images, words, phrases, headlines, etc. that catch your eye first until you have accumulated a large bundle of clippings

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4. Review your pile. Begin to lay your favorites cuttings on the board. Eliminate any that no longer feel right. Let your intuition guide you. As you lay the pictures on the board, you will sense how the board should look. You might assign a theme to each corner of the board: Health; Work; Home; Relationships; for instance. Or maybe the cuttings want to go all over the place. Perhaps images will overlap, or not. Or you might want to fold the board into a book that tells a story. It's entirely up to you. It's your board!
5. After you have decided on your style, you can start to glue everything on to the board. Add any comments, paintings, doodles, marks, symbols, shapes, shells, pebbles, sparkly things, etc., etc., as you wish. (Some people include a happy picture of themselves too, maybe at the centre, or in a relevant place.)
6. The more vibrant and representative you can make your board, the more you will explore and focus on your intention in making the board.
7. You don't have to complete your Board in one session. You can start it one day, and continue over a number of days. You will review it every time you come back to it. And you can continue to tweak your Board until you are completely happy with it.

(Progress is better than perfection. You can change /update your Board anytime you wish. And there will be other Vision Boards. Don't sweat the small stuff and become obsessed with any one aspect of your Board. This is fun, remember. ☺)

8. Place your Vision Board in a place where you will see it, so it can act as a daily remind to you of what you are aiming for.

Eventually your Board will have served its purpose and it will inevitably be moved to a less prominent place, and you will see it less often.

You will do another Board when you start a new project, and when you perceive that your desires have changed, but don't throw away your old vision boards. Pop them into a safe place, maybe behind the dresser or in the attic. In a few years when you come across them again you'll be amazed at how they reflect your aspirations and your journey.

On the next page I've included a couple of images of my previous Vision Boards. Perhaps your Vision Board may look similar, or completely different. It's your Board. You choose how it looks.

If you are not keen on getting messy with paper, glue and colours, there are now many computer applications which can enable you to assemble collages on screen. I sometimes use www.canva.com for this, although other applications are available. Vision-boarding can be just as much fun on screen. Do whatever works for you.

Enjoy!



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