



Patio en Ruzafa Valencia (Spain)



Гостиная в скандинавском интерьере



want to go: Unhate Café, in Ruzafa



Ubik Café Cafetería Librería, Valencia, Spain via...



Dulce de Leche - Ruzafa, Valencia



Try decadent churros and chocolate in #Valencia...



Valencia (Spain) - bougainvillea walkway



Valencia (Spain). Playa Las Arenas



48-hours-in-valencia



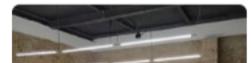
Scandinavian Love



Image of flat in calle de Iluis de santàngel, 29...



Image of flat in calle de Iluis de santàngel, 29...



How to create a Vision Board

(AND WHY THEY WORK)

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Intro to vision boards

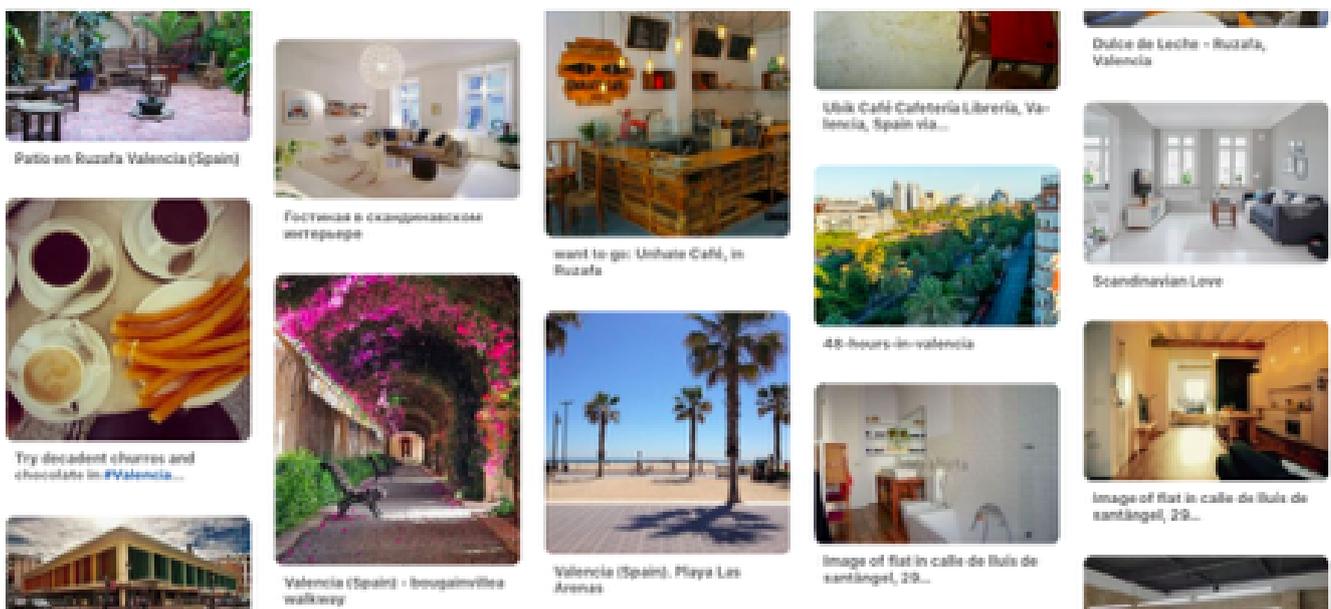
What is a vision board?

A vision board is like a collage. It features a series of images relating to a goal or dream you want to pursue and achieve. It can be in a digital or paper format.

I love vision boards because they help me to focus on what I want. They are a great way to visualise your goals and make them more concrete in your mind.

Creating a vision board helps you to get excited about your dream; you'll start to picture what achieving it looks like.

A vision board acts as a reminder and encourages you to take positive action.



My very own first vision board focused on life in Valencia - where I now live!

How to create a vision board

Here's what to do:

1. Set it up

Set up Pinterest or a similar app (which act as digital pinboards), or get yourself a pinboard or notebook.

2. Pick a goal

Decide which goal or dream you want to focus on, for example 'my new job' or 'I'm a runner' or 'my trip to Argentina'.

Create your first digital vision board if you're using an app. Put the goal as your vision board title.

If using a pinboard or notebook, do the same, put your goal as your title.

TIP: You can create 'secret' vision boards on Pinterest, that no one else can see.

3. Collect images

Now it gets really fun. Start collecting images relating to your goal. With Pinterest you can search using key words or themes, and it starts generating images you might like.

Or you can look through old magazines and tear out images, or search online and print images out.

4. Focus on the feeling

Select anything that makes you smile, that makes you feel positive and inspired about your goal.

The image might not be an exact representation of what you want, but if it generates the right feeling (contentment, excitement, giddiness, desire) you're onto the right thing.

Example 1/ - I'm a runner

Say your goal is to do a 5k run, you might select images which represent the pride and relief you'll feel when you've completed it.

It could be a picture of an athlete coming over the finishing line at the Olympics. Or of a person jumping up in the air on a beach, a massive smile on their face.

This represents how you want to feel after your race. You might have images of a couple of athletes you admire, whose achievements or work ethic you'd like to emulate.

Example 2/- an amazing trip

Maybe you're dying to visit Argentina, you find an image of a mysterious, elegant couple dancing tango in the middle of a street in Buenos Aires.

You select pictures of the amazing food you're going to sample, and the cool restaurants you're going to visit.

Images of the beautiful countryside you're going to see.

Anything that reminds you of what you want, and inspires feeling.

Example 3/- career change

If your goal is to find a new job or change career, you might include images of your ideal place of work (office/home/studio/café etc.), images to represent the sort of environment you want to be in.

If you'd like your commute to involve a 10-minute stroll through a park, choose images to represent that.

You might include images of the kind of people you'd like to work with, or ideal clients. Add in details of as many aspects as you can think of, to build up a picture of your day.

5. Edit your vision board

If you have selected any image that doesn't make you feel great, bin it. Add to your vision board as you go along and feel inspired.

6. Get obsessed

Now that you've carefully curated your vision board - make sure you look at it regularly, throughout the day.

When you wake up, when you're making tea, before bed. Let yourself enjoy the buzz you get from looking at it.

Let yourself feel excited. Let yourself be propelled to take a little action step towards achieving your goal.

7. Create more!

You can create a series of vision boards to represent a variety of goals; inspiration for your new home, your secret dream of opening a café, becoming a writer. You can have vision boards to represent so many aspects of your life, so many dreams.

8. Enjoy!

Have fun, get creative, dare to dream, and don't feel a though you have to show your vision board to anyone. It's a place to develop and focus on your dreams and what you want from life. It's for you and you only.

So get started!

The more you focus on what you want, the more likely you are going to achieve it.

When I first created my vision boards they were like my exciting little secret, this little world I'd created where the images brought me joy and motivation. It's a great feeling knowing exactly what you want.

And I've realised that the more you focus on what you want, the more likely you're going to achieve it.

I created a vision board called 'I'm a writer'; before I knew it I was creating copy for my company's marketing, and I'd started a personal blog.

I created a vision board called 'I'm a salsa dancer', before long I found a salsa class that I love.

The vision board I created to help me on my journey to a new life in Spain has well and truly come to life.

Try it for yourself

Try it for yourself and see what happens.

Creating a vision board is a really useful process to go through to get clear on what you want in your life.

You're training your mind to focus on what you want. Willing yourself to do what you really want.

It's about reminding yourself of what's important to you. When your visualisations start to become reality, it feels like magic.