



## Self-Care Vision Board

When we think of a vision board, we think of our dream car, our dream partner, our dream lifestyle, but we don't always take a step back and think 'What do I want my mental health to be like? What do I want my spirituality to be like? What do I want my attitude and mentality to be like as well?'

So we can make a vision board that's geared toward our intention on being happy and positive and having good mental health and loving yourself. A vision board won't change your health over night, but it can be a little piece of happiness and motivation.

What you'll need:

- Poster board
- Pictures from magazines, Pinterest, google
- Push pins, tape, or glue
- Positive quotes and affirmations that you love
- Pictures/quotes of whatever gives you strength or encourages yourself

Things to identify when making your vision board

- What are my insecurities?
- What do I struggle with?
- Why am I feeling the way that I do?

Once you've identified these issues, then you can start thinking about ways you can challenge or replace these. And that is what you can add to your board.

You can now start your day off by reading these affirmations and looking at those pictures. It will start your day with a little bit of confidence!