



MasterMIND: Vision Board Exercise

This exercise can be used to illustrate the individual visions that each member developed during the Fundamental Content exercises. These visions can be translated to a vision board that the member can store in their home or office to serve as a reminder and inspiration of their vision.

What is Vision Board?

A vision board is typically a poster board or booklet where you collage images that have been collected from various mediums that reflect your vision.

The Benefit of a Vision Board?

Some people believe that when you surround yourself with images of who you want to become, where you want your business to go and what you want your life to look like, that in fact your life changes to match those images and those desires. The constant reminder and the clarity that your vision board provides helps one achieve their visions.

Supplies Required

- A poster board
- Glue
- Old magazines
- Permanent markers

How to Create your Vision Board?

Step 1: Gather images that represent or symbolize the experiences, feelings and outcomes that you want to achieve. The images can be photographs, drawings, affirmations, quotes or thoughts. There are no limits as to what can be included on your vision board. At the end of the gathering stage, you should have a large pile of images and phrases.

Step 2: Next, organize the images in a way that makes sense to you. You can lay them out on your board and remove any images that do not fit with your overall theme. You may wish to divide your board into quadrants or sections to reflect different areas of your life. You may wish to limit the number of images to ensure that your board is not a place of chaos. If you wish to, you may include a positive and inspired photo of yourself. It is often recommended that this photo be featured at the center of your board, but if some other placement makes sense – go for it!

Step 3: Once you're satisfied with the layout, paste your images into place. You can add writing with markers if you want.

Step 4: Place your vision board in a location where you will have ample opportunity to view it.