

Vision Board Retreat

HOW TO RETREAT

Whether you watch the video, attend the live or watch the recording of the live, set aside two to three hours for your retreat time. Here are a few tips:

- Let your housemates know you are going to be otherwise occupied.
- Get all of your supplies together.
- Diffuse oils (I love citrus or peppermint for creative time) or burn a candle to set the mood.
- Wear something comfy that makes you feel good.
- Prepare snacks, drinks and/or treats and make sure to have napkins so you don't get food on your images.
- Spend time with your worksheets beforehand to brainstorm and start gathering your images.
- Choose a spot to work. Remove any distractions and make it as comfortable as possible. Give yourself room to work plus a place to put pages or images you discard.

TYPES OF BOARDS

It's important to decide how you want to approach and use your board. Here are some ideas I've seen work well.

One:: Create sections within your vision board for the different facets or focuses of your life.

This gives you a snapshot of your goals and dreams but in an organized way.

- top left career and work
- top right home and family
- bottom left future dreams and goals
- bottom right health, wellness and hobbies

Of course you can choose whatever sections you want and place them where you want, it just has to make sense to you.

Two:: Write your goals on the back so you can check them off as they're achieved.

The front then would be images to represent those goals as well as words that you find motivating or inspiring. This one is for my ladies who don't want to dream about the future or explore their deepest desires—they want to set concrete goals and work at achieving them. Having a visual definitely helps keep us on track!

Three:: Have a double sided board with personal dreams on the front and professional ambitions on the back.

If you're someone who likes to keep business and personal separate, this is a great option.

Four:: Go on a vision quest, choosing the images, words and phrases that appeal to you then see what emerges.

For this one, you might not even know what your board means until months or even years later when things start to materialize or make sense. You simply choose what stands out and let it come together organically.

Five:: Choose your one word or your focus for the future and choose images and words accordingly.

You can have the “big picture dreams” represented or the more short term ones or a mix of both. You can also have work, relationships, hobbies and home all on the same board. This is the most common.

SUPPLIES

- poster board (a full sheet or cut into half or fourths) or card stock
- glue (I like glue sticks)
- scissors (some smaller ones for fine details)
- plenty of magazines (I like a variety of home/garden, travel, lifestyle, family, etc.)
- pens (Sharpies and gel pens are fun)
- embellishments (scrap booking supplies, letter stickers, gems, etc.--more suggestions are below)
- small trash cans (I use paper lunch sacks)

OTHER EMBELLISHMENTS

mantras

famous quotes

favorite words

hand drawn pictures

printed pictures

cards

maps

tickets

brochures

postcards

book covers

dried flowers

calendars

color swatches

money

crystals or rocks

lists

business cards

stickers

washi tape

scrapbook paper

twinkle lights

INSTRUCTIONS

Decide how you want to approach your board using the "Types of Boards" above.

Gather images and cut out smaller items or words. Consider categorizing them according to type or how you want to put them on your board. The more options the better, even if you don't use them all.

Choose larger images as your background (mine are often tea, garden, beach, sky).

Choose small images that speak to what you want to focus on for the year (a bath tub, tea, a library, women laughing, a garden, etc.).

Choose words and phrases to layer on top.

Here's the process:

I advise you to lay it all out first, take a picture, take it apart, then reassemble. Or lay it out and glue one section on at a time. Glue lightly until it's how you want it-you can also add more glue later to secure.

- fill up the background
- add your favorite images
- add the words
- add embellishments or write or draw with the pens
- fill in the empty spots
- make sure everything is secure

LINKS

All worksheet downloads are available at this blog post. There's also a "one word" list that could spark ideas. <https://tabithadumas.com/host-vision-board-party/>

SHARE

I would love to see your completed board! I also recommend sharing it with a few people who can celebrate with you and cheer you on.

The other important part is to put it where you will see it. Popular locations include...

- next to your desk
- by your favorite chair
- in the closet
- in your sacred space or wherever you spend time praying, journaling, dreaming, etc.

Reach out to me with questions or to show off your board! 602.349.1129 tabitha@tabithadumas.com