

Vision Board Vibes



Hello, 2018!

I don't know about you, but I've been completely drowning in free printables, daily planning sheets, and paper planners. While I love a good to do list, it doesn't exactly hold me accountable. Crossing things off a list might feel good, but it doesn't motivate me to do the work that I need to do. Since Bloggers Get Social is about accountability and taking action on our blog businesses, I wanted to create something simple yet shareable. We are going to explore the idea of a vision board, however, we are putting our own unique digital spin on it.

Read this quick workbook, take notes, and dream big. Use the vision board digital template to draft up your own big dreams, and get ready to share your own goals with the group. We will host a vision board link up and encourage one another throughout the month of January and beyond. Get ready to put your hopes and actionable ideas into a blog post that you can reference throughout the year. I can't wait to see what you come up with!

- Krystal

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Bloggers Get Social
BLOG TIPS & NETWORK



Let's Get Started

Goal setting and planning can be a cliché this time of year. The new year has promises of resolutions and a “new you.” That’s not what this is about. This workbook is about goal setting and creating big changes in your life and business without some boring list of measurable deadlines. In fact, for many creative entrepreneurs, that’s just the kind of thing that makes us feel bored and anxious. We look at that list of dates and to-dos and we’re instantly overwhelmed with the complexity of it all, so we file it away for “later.” We all know when “later” is in this sense. It’s never!



Yet that's just how we were taught to approach goal setting. We've all heard the expression *“A goal without a deadline is just a dream.”* But sometimes *dreaming* is what we really need to see a clear path to our destination. That's what vision boards are all about.

Rather than a bland calendar or spreadsheet with dates and impressive sounding goals on them, vision boards give you the **creativity** to let your dreams grow. You can use different mediums that will encourage and inspire you

Which is more inspiring to you?

- Or this:



Most goal-setting programs focus on the intended outcome. What is the result you want? And while that's perfect for a business plan, it's really not the best way to keep you **inspired** and motivated day in and day out.

For that you need to know how achieving your goals will make you **feel**. That's the real power of a vision board.



What Exactly is a Vision Board?

The basic definition of a vision board is a collection of images, quotes and symbols that have meaning to you and which bring out feelings of **joy**, peace, love and happiness. They represent your dream life. It sounds a little cheesy, but I promise that it is nice to have those cozy thoughts every so often.

Vision boards come in different formats, both digital and physical. We'll talk more about that later, but for now, let's take a look at the types of content that make up vision boards.

Images. By far the most common item to find on vision boards, images can be photos, drawings, mind maps, sketches or anything else that has some meaning for you.

For example, if world travel is one of your goals, you might include photos of historic landmarks you want to visit, or airplanes or ships (imagine the feeling of freedom associated with those). If you dream of retiring young, then a photo of you and your family relaxing on the beach will serve as a happy reminder of what life will be like when you no longer have to work. As bloggers, we probably are inspired by organization images or perhaps desks, offices, or photos of writers or journals.



I also like to feature lots of **COLOR** in my vision board—sometimes just different squares of color that make me feel happy or inspired. This is why I'm always changing up my branding colors for Bloggers Get Social. Sometimes I see just the *right* image and change my colors up.

Motivational messages. You've seen those motivation posters that say things such as, "*Challenge: Always blaze the trail; never follow the path.*" For some people, these messages can be extremely powerful. When you face a rough

patch, simply remembering that phrase can be enough to get you fighting again.

Your vision board might include messages you see posted on social media, phrases you read and jot down in your journal, or even testimonials from your clients or nice things others have said about you.

Inspiring quotes. Inspiration is different for everyone. You can have fun with these, too. Maybe your best inspiration comes from the notes inside a Dove candy bar or a fortune cookie. Whatever makes you smile or brightens your day is a good fit for your vision board. I highlight quotes in my favorite books to add to my vision board later. Gretchen Rubin's books are the perfect inspirational starter point for my vision board.



Everything else. What else inspires or motivates you? Vision boards can include sentimental treasures as well, like photographs or small items like a ticket stub or vial of sand from my favorite beach. Some things I've added to my vision board include advertisements for products that the dream version of myself would use (like organizational bookshelves or even a champagne I dream of purchasing!) or postcards from a faraway friend.

I also find images of book covers or CDs from sale pages to be fun reminders of items I want to buy or enjoy so I include a few of these on my vision board as well. My current vision board has a photo of the movie *Before Sunset* which is one of my favorite movies.

The Power of a Vision Board

Do you believe that we attract what we focus on? If we worry about money, we seem to need more of it. If we are obsessed with the scale, we can't lose an inch. We've known for quite some time that daydreams have power, and that purposeful visualization is the key to greater success in every area of life.



Athletes practice endlessly both mentally and physically. They can SEE that perfect shot or winning race, and they concentrate on the movements that make it possible. This type of visualization creates neural pathways that are virtually indistinguishable from those caused by completing the act itself.

The result? Nearly the same as with actual, physical practice.

It works the same way for you. When you visualize your ideal business, your happy home life, your dream vacation, and even your biggest income goals, you're primed to achieve them. You'll meet those goals much faster and with fewer stumbles than if you simply list your goals (and deadlines) on a calendar.

Like anything though, effective visualization takes practice. As kids, we spend much of our time daydreaming and playacting, but those are skills we lose as we age. A vision board can help kick start those creative visualization skills again.



Here's another benefit of creating a vision board: It will boost your spirits when you face life's inevitable struggles.

Having a bad day? Spend some time working on your vision board, and you'll feel noticeably lighter at heart. This especially works for me right before bed when I realize I can have a "do over" in just eight short hours.

Feeling overwhelmed? Take a look at your vision board for an instant reminder of why you're working hard now, and what you stand to gain from it.

Struggling to finish a blog post or feeling like you're just not good enough? Read through some of the beautiful things readers and brands have shared about

their journey with you. You'll be immediately reminded about how valuable you are, and why you do what you do.

But vision boards aren't just for improving your business. They have uses far beyond your monetary goals.

Every Area of Your Life

Before we get into how vision boards can affect all the aspects of your life, let's take a minute to look at the most common mistake people make when creating them: **They focus on the actual goal rather than the result.**

Imagine you have a goal of launching a new blog. You could express that by simply writing "blog" on a whiteboard. But so what? The word itself is unlikely to evoke feelings of joy or anticipation. In fact, the more you see that word, the less meaning it will have.

As a vision board item, it's pretty weak.



Imagine instead, a photo of an organized office. There are bright color palettes on the wall in this office photograph, and you can see a calendar with a finished to do list. You can feel the productivity and that feeling of getting stuff done. It's a feeling, and it is not a goal.

When you create your vision board, regardless of which of life's aspects you're focusing on, be sure to look for images and words that make you feel the way you imagine you'll feel when you achieve your goal. It's not about what you want to have. It's about how you want to feel.



Your Blog Business

Business goals are probably the most common topic of vision boards. Chances are you started your blog with the goal of creating a better life for you and your family. It's likely one of your driving motivations, so it's natural to seek out tools that will help you achieve the outcomes you desire. Vision boards are the perfect choice. When you're building your business vision board, consider the following questions:

- How do you want your day to go?
- What clients or brands do you want to work with?

- What tasks do you love?
- What do you want your typical workday to look like?
- Where will your “office” be?

Look for images and other items that represent your ideal business day, your perfect client, and your ultimate dream job.

Wealth

As bloggers, money is always on the mind. Some of us will never reach our financial goals simply because we don't dream big enough. This year I was able to secure the largest paying brand ambassadorship in my blogging career. That price should have been my standard, not a one time deal! Now that I can see the value of my work, I can include a few items on my vision board to inspire me to push forward, charge more, and do the work that I love.



Start by asking yourself...

- What can I offer my clients or brands I work with if I raise my rates?
- What systems can I set up when I reach my income goals?
- What am I good at that I can charge for to improve my business?

Find the images that represent the feeling of fulfillment and joy you'll have as you're able to achieve these goals and more. For me, these are images of items of home decor pieces that can only be purchased with a boost in income. For you, it could be a charity that you hope to support one day or your dream vacation.

The point is, your vision board is the perfect vehicle for finally silencing that negative voice in your head that's keeping you from your financial goals.



Self-Care

How's your health? For many online business owners, it could be better. We spend far too much time inside, sitting down, staring at a computer screen. We don't exercise enough. We don't eat right. We don't drink enough water. How can a vision board help? By making it clear **how much better you will feel** (there's that word again) when you do eat healthy, work out, and are hydrated. A vision board filled with images of fun activities in relaxing locations is just the thing to remind you—the next time you reach for another slice of pizza—that you're working toward an achievable goal.

Images of fresh fruit, salads, healthy recipes, and outdoor fitness are what I like to include on my vision board. It's not about images of skinny people—it's about those healthy habits that I want to continue.

Family & Friends

We don't often think of vision boards as being helpful with building relationships, but maybe that's just because we don't put enough emphasis on setting goals to improve them. Creating a family and friends vision board just might change all that.

Think about...

- What kind of relationships do you want to have?
- What's most important to you as a wife? Mother? Daughter? Friend?
- How often do you want to host a get together for friends?
- When will you schedule date nights with your spouse?

Fill your vision board with items that represent the best relationships you can imagine, and soon enough, you'll begin creating those bonds in your own life.

Fun

Here's where you can really go crazy. You might not be able to afford an around-the-world cruise (yet) but there's no reason you can't put it on your vision board. No matter what silly, unrealistic adventure you're dreaming of, create it on your fun board.

Big Scary Goals

Here's where many of us falter. Maybe you have a few goals. Say you want to increase your income by 15%. Or run in a 5k. Or vacation all summer. These are all good goals, worthy of your vision boards. But what if you turn them up a notch...or three?

- Instead of increasing your income by 15%, increase it by 150%.
- Rather than running a 5k, run a marathon.
- Instead of a vacation, move.

With your vision board populated with meaningful images, thoughtful and motivating quotes, inspirational messages, and plenty of creativity, even these big scary goals suddenly feel much more attainable.

And you know what? As we said earlier, that which you can visualize, you can achieve. So don't be afraid to start a vision board for your biggest, most intimidating goals. You might not get there tomorrow or even next month, but if you keep your focus, **you will get there.**



Tools and Materials

So now that we know what a vision board can do for your future goals and your present state of mind, let's talk about the actual materials you need to do so.

Creating a vision board can be as simple as cutting photos out of a magazine and tacking them up on your office bulletin board, or it can be as complex as a hand-made frame with personal photos and trinkets.

- **Digital:** You can use Photoshop, PicMonkey, Canva, or other image editing tools. It will work best if you can quickly add and edit your board. For this workbook, I am providing digital templates for you to use to create your own vision board to share.

- **Physical:** Paper, bulletin boards, whiteboards, or even a wall in your home with hanging pictures. Your creative options are endless here, but your vision board will obviously be less portable.



Have Fun With It

Your vision board materials should be fun—especially if you're creating a physical board to hang on your wall.

Start by gathering up a selection of materials to work with:

- Swatches of fabric and ribbon
- A stack of old magazines (hit up your local library for their outdated copies)
- Colored pencils and markers
- Construction paper
- Poster board
- Crayons
- Glue and tape
- Scissors
- Stamps & ink pads

Then begin to flip through the magazines. Resist the urge to get sucked into the articles, and instead, concentrate on how you feel as you see the photos. Do they make you happy? Do you smile at a particular shot? Does it bring to mind a particular goal or dream? Cut out the images that speak to you in some way.

Don't worry about organizing them or categorizing them at this point. For now, just make a stack of images that have meaning for you.

Next, take your board—and it can be a single piece of paper, a full-size poster board, or even the bulletin board in your office—and begin arranging your images, quotes and other materials.



You can have a single board with areas devoted to each aspect of your life, or a different board for each. Your board can be a hodgepodge of random images, or a carefully laid out plan that progresses naturally from one to the next. It can be color coordinated or not. Ultimately, it has to please no one but you, so let your creativity flow.

Use your pencils and markers to decorate your board, draw attention to certain images, or divide it into distinct quadrants. You can add dates and dollar figures

if you like, or the names of people you want to think of as you work with it. Just have fun.

My vision board that was on my office wall for two years can be found in this [blog post](#). I used cork board from Target, wall confetti, and lots of cute push pins.

Creating Digital Boards

For those of us who love computers and the speed and efficiency they give us, digital vision boards are just the thing to get your creative juices flowing. Digital boards have the advantage of being portable, so you can enjoy and be inspired by them anywhere. Plus, they're easy to recreate and reimagine as your goals, dreams and values change.

And let's face it—they're a good deal less messy than the physical kind.

>> Goals + Resolutions

125 Pins
14.9k Followers

A group board dedicated to sharing our goals and our progress through images. Leave a comment on a pin if you want to join.



There are several web-based apps that will help you create your boards. Pinterest is the first one that comes to mind since you can create a secret board and curate your own special collection. You could share ideas with others if you invite them to your board, or you could create a public goals board for accountability.

**To join the Goals and Resolutions Board where we will share our vision boards, be sure to send an email to hello@sunnysweetdays.com with your Pinterest user name and email address.*

For our digital vision boards, I am providing you with an image template that you can use to get started. There is a pinnable vertical image and a horizontal image with different categories.

[Download the horizontal vision board template here.](#)

BLOG + BIZ

HOME

\$

Vision Board
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FAMILY

SELF-CARE

FUN

This horizontal vision board template is a way to categorize your big dreams and goals for the year. To fill it out, simply download the template. Use a free tool like [PicMonkey](#) or Canva to add text, images, or other ideas to your image. We are

going to share these within the Bloggers Get Social group and on our blogs, so get creative!

BLOG + BIZ



Editorial calendar
Create monthly products



★ Increase client rates
★ Save for a house

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SELF-CARE



Complete a Whole30

HOME



Buy a house
FAMILY



Declutter our stuff



FUN

Plan 1 trip

Here is a sample of what my vision board will look like. I added a few fun icons I found online that were free for use, and I wrote out some of my BIG goals in each category. To customize your own vision board, consider adding quotes, your favorite images from your blog, or fun colors or clip art.

We are also creating a fun pinnable image that we can share as well. This should be a highly visual vision board that will encourage engagement and is shareable! We will link our vision boards up on [Bloggers Get Social](#) and leave comments and support one another on our journey.

Want even MORE accountability? There is a goal setting and action group on [Slack](#) to join for quotes, resources, and other goal setting ideas. This group is not moderated, but I will be sharing my BEST tips throughout the year.

Vision Board

BIG DREAMS + GOAL INSPIRATION

To download your vertical Pinterest vision board image, click [here](#).

2017 Word

On this image, there are places for your word of the year. Do you create a word that motivates you throughout the year? In prior years, I have used brave, creativity, and productivity. This year I am creating a "phrase" that will govern everything I do: bright budget.

To Do

I want to save money and enjoy less "stuff," but I still want to live a colorful life. I want to plan a trip and organize my home while doing so without spending frivolously.

Big Goals

To see my completed vision board, visit my [blog](#).

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Vision Board Tutorial

Need help creating your vision board?

1. Create an account on [PicMonkey](#).
2. Upload the PNG image.
3. Add quotes, clip art, your own images, or shape overlays (PicMonkey has everything from arrows to lines to seasonal shapes). **Save it as a PNG so it doesn't lose quality!**

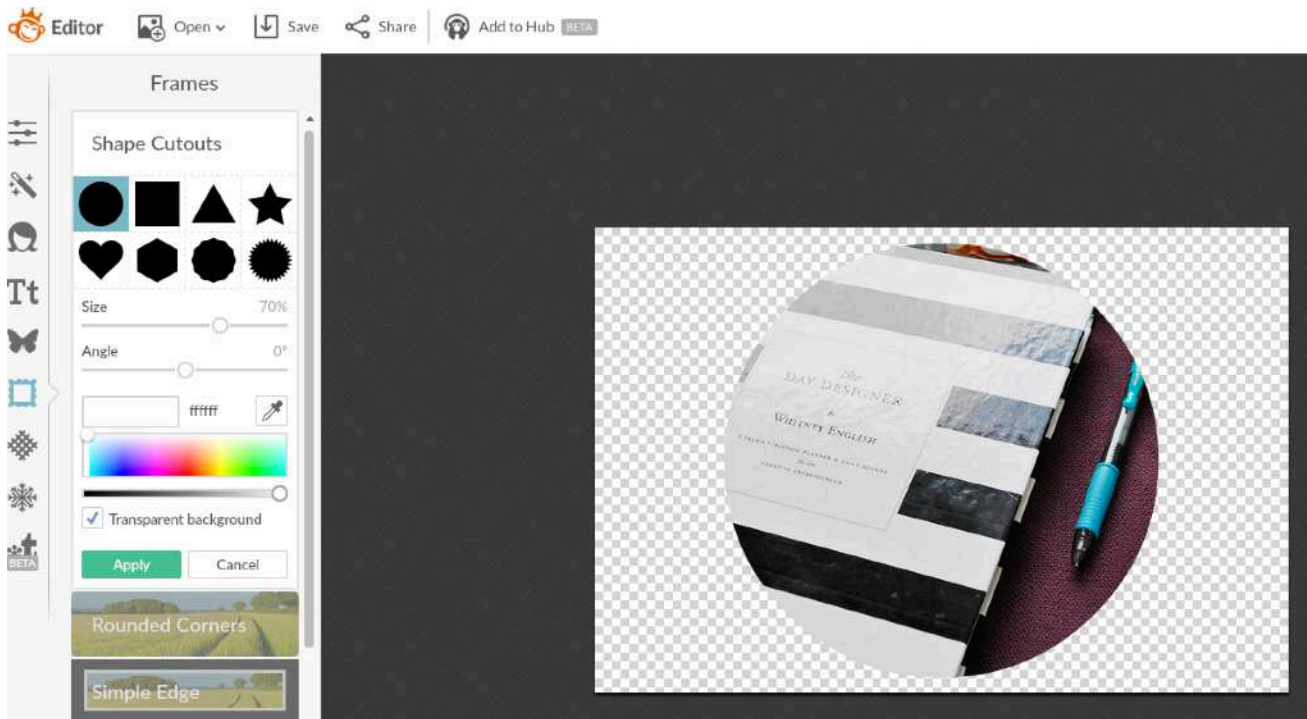


Add your own overlays by clicking overlays on the left menu and "add your own" at the top. You can then add your own images!

For my completed vertical vision board image, I used cute circle overlays. To do this, you can use PicMonkey to turn your favorite images into circles.

1. Click on frames.
2. Choose shape overlays.
3. You can choose from circles, stars, squares, etc.
4. Return to your vision board pinnable image.
5. Add your own overlay using the instructions above.
6. Drag and drop to your favorite spot! Add quotes and have fun!
Save it as a PNG!





Fun AND easy, right? Don't forget to blog your own and link them up with Bloggers Get Social.

Having this tool in your arsenal makes it much more likely you'll achieve your dreams, as well as virtually ensuring your dreams will be larger than they were before you began your vision board adventure.

Before you begin though, here are the most important things to remember about your vision board.

1. It's yours. There is no right or wrong way to create your dreams.
2. Dream big! Your vision board should not be filled with things that you could easily attain next week. A new cell phone has no place on your vision board.
3. You have to spend time with it. A vision board is a living document, and it will work better when it has your attention for at least a few minutes every single day.

Whether you choose to create a stunning collage of individually framed images you carefully collect over the course of a year, or you use these digital templates to get started, give vision boards a try. You might just be pleasantly surprised at the power they can wield in your life and your business.

Next Steps

- ☐ Join the Goals Pinterest Group board if you want to share inspiration. Email hello@sunnysweetdays.com with your email/user name.
- ☐ Create your very own vision board with the digital templates.
- ☐ Blog your final vision board images.

Vision Board Checklist



I have spent time dreaming and brainstorming about my:

- Ideal life
- Perfect business
- Health & wellness goals
- Family and relationships
- Dream client
- My biggest goals
- My blog business
- Time management

I have chosen the format for my vision boards:

- Physical
- Digital (Pinterest, using our templates)

I have gathered the necessary materials:

- Magazines and books
- Colored pens or pencils
- Colored paper and ribbons
- Glue and tape
- Poster board or construction paper
- Bulletin board

I have posted and/or blogged my new vision boards in a prominent location so I can be inspired by it every day!