



How To Create A Vision Board - Jack Canfield

The best way to achieve your goals is to keep them top of mind, so you're always looking for ways to move yourself closer to them – and a vision board is the perfect tool to help you do that.

By putting a vision board somewhere you can see it every day, you will prompt yourself to visualize your ideal life on a regular basis. And that's important because visualization activates the creative powers of your subconscious mind and programs your brain to notice available resources that were always there but escaped your notice. Through the Law of Attraction, visualization also magnetizes and attracts to you the people, resources, and opportunities you need to achieve your goal.

How to Create a Vision Board that Depicts the Future You Wish to Create

Find pictures that represent or symbolize the experiences, feelings, and possessions you want to attract into your life, and place them in your board. Have fun with the process! Use photographs, magazine cutouts, pictures from the Internet—whatever inspires you. Be creative. Include not only pictures, but anything that speaks to you.

Consider including a picture of yourself on your board. If you do, choose one that was taken in a happy moment. You will also want to post your affirmations, inspirational words, quotations, and thoughts here. Choose words and images that inspire you and make you feel good.

You can use your vision board to depict goals and dreams in all areas of your life, or in just one specific area that you are focusing on. Keep it neat, and be selective about what you place in your vision board. It's a good idea to avoid creating a cluttered or chaotic board... you don't want to attract chaos into your life.

Use only the words and images that best represent your purpose, your ideal future, and words that inspire positive emotions in you. There is beauty in simplicity and clarity. Too many images and too much information will be distracting and harder to focus on.

If you are working on visualizing and creating changes in many areas of your life, then you may want to use more than one vision board. You might use one for your personal goals and another for career and financial goals. You might even want to keep your career vision board at the office or on your desk as a means of inspiration and affirmation. Whatever you decide to do, learning how to make a vision board – and using it regularly – is the best way to visualise your goals and dreams to fruition.



Here's My Simple 6-Step Process for Making Empowering Vision Boards:

1) Create a list of goals you'd like to achieve in the next year

In order to visualize your goals, first you need to know what they are. Spend some time getting clear on exactly what you want your ideal life to look like, and what you need to accomplish in the next 12 months to launch you closer to your goals.

2) Collect a bundle of old magazines with beautiful pictures

If you're not a magazine reader or currently don't have any magazines at home, ask your friends to give you any they no longer want. You should also be able to pick some up for just a dollar or two per magazine at your local thrift store. Or you could check out your local recycling depot. Ours has a "free stuff" corner where you can pick up all the magazines you could ever want at zero cost. Maybe yours does, too?

3) Find pictures that represent your goals and inspire you

Schedule a couple hours one evening or weekend to go through the magazines and cut out pictures that represent your goals and speak to your heart in some meaningful way. Fun tip: The last time my staff and I made vision boards at my office, we turned up the radio and had a little musical party going on as we cut out our images, which made it a very vibrant, fun setting to visualize our goals!

When looking for images in the magazines, look for those that immediately make you say, *"Yes! That is what I want in my life!"* They don't have to be physical objects or literal interpretations of what you want in your life. Instead, focus on how the images make you FEEL.

For example, if you'd like to move to a home with waterfront property, don't worry if you can't find a picture of your perfect "dream home." Perhaps a picture of an idyllic ocean sunset will be enough to inspire you. Or if you'd like to attract a new romantic partner into your life, instead of hunting for a picture of a man or woman who meets your physical ideal, find a picture that represents love to you – an image of two people holding hands, or even a picture of a heart, for example.

4) Make a collage out of your photos

Once you have collected enough photos, it's time to make your vision board! Go to your local craft or dollar store and buy a large piece of construction or poster paper. A cork board or large piece of paper would work as well. Then glue, tack, or tape your pictures to the paper or cork board in an arrangement that is visually pleasing to you.



5) Add motivational “affirmation words” that represent how you want to FEEL

Your vision of your ideal life shouldn’t be focused on “stuff” so much as on how you want to FEEL. For this reason, I like to add words to my vision board that describe how I want to feel on a daily basis – such as: “joyful,” “abundant,” “powerful,” “fearless,” “loved,” “strong,” “healthy,” “loving,” and “financially free.”

Take some time to create a list of words that describe how YOU want to feel. You can either search for these words in your magazines or write them yourself. Then add them to your vision board in a visually attractive way.

6) Take a few moments to contemplate your vision board every day

To get the full benefit from your vision board, it’s important for you to place it somewhere you can see it every day. I recommend you take a few minutes to look over your vision board at least once or twice a day. I like to review my vision board right before I do a guided visualization, so my goals are top of mind as I train my mind to attract what I truly want into my life. I also like to review it every night before I go to sleep, in order to prompt my subconscious mind to come up with new ideas while I’m sleeping on how to achieve my goals. That way, I wake up in the morning bursting with motivation to succeed – and am far more likely to notice and act on opportunities that will bring me closer to my goals.

Final thoughts on using your completed vision board:

- Look at your dream board often and feel the inspiration it provides.
- Hold it in your hands and really internalize the future it represents.
- Read your daily affirmations and inspirational words aloud.
- See yourself living in that manner.
- Feel yourself in the future you have designed.
- Believe it is already yours.
- Be grateful for the good that is already present in your life.
- Acknowledge any goals you have already achieved.
- Acknowledge the changes you have seen and felt.
- Acknowledge the presence of God in your life.
- Acknowledge the Law of Attraction at work in your life.
- Look at it just before going to bed and first thing upon rising.

A couple of examples of Vision Boards to help inspire you.

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