

Create the life you dream using a VISION BOARD



What is a vision board?

A vision board is one of the most valuable visualisation tools available to you. The board you create reflects your future, the one you dream of living. It's a visual representation of your dreams and the goals you want to achieve.

What a vision board isn't

It's not a wish list or a To Do list. Vision boards are not something that create instant success or provide you with painless change.



Why create a vision board

Your mind responds strongly to visual stimulation. So visually representing your dreams and goals using images and words strengthens your mind's resolve. You create clarity about what you commit your energy, attention and focus to.

It's true – *a picture really is worth a thousand words!*

Seeing, really looking at and imagining how it feels to have achieved your dreams and goals, and to be living the life you dream of, will inspire you to take action, every day.

How to create a vision board

Use these 5 steps to create your vision board.

Step 1 – Plan your board. Take time to think about your dreams and goals, and imagine the life you want to live. It's your dreams and goals, the life you love, that will be represented on your vision board. Your board might be about the dreams and goals in all areas of your life or just one specific area.

Step 2 – Decide what you'll make your vision board on. Choose something to use as your vision board. It might be a piece of cardboard (whatever size you like), a corkboard, pin board, a piece of paper, in a book or anything else that takes your fancy.

Step 3 – Gather up some goodies to put on your board. Get magazines, pictures, photos, words, special things or whatever appeals to you. Go through what you've gathered and choose images and words that best represent your dreams and goals, and the future you want to create. Be sure to choose images and words that reflect positive emotions and inspire you. It's not just about having nice images and lovely words. They need to mean something and relate to your dreams and goals, and the life you want to live.



Step 4 – Make your board. Create a relaxed environment. Put on your favourite music, make yourself a cuppa, and allow yourself the time and space to dream and create. Lay out the goodies you've gathered – the images, words and special things – on your board. Don't worry about attaching them just yet as you might move them around until they're in the right spot.

Avoid cramming your vision board full to bursting with images and words. Allow space. Simplicity and clarity is key! Once you're happy with the layout, attach the images, words and whatever else you've chosen to use, to the board.

Step 5 – Display your vision board

Now that you've created your beautiful vision board, find somewhere to display it. Ideally somewhere that's easy for you to access so you can look at it often.

What to do with your vision board

So you've created a vision board and put it in an easily accessible place, but what's next.

Well, just because you've created a board it doesn't mean your dreams will come true and you instantly achieve your goals. It's not magic like that.

There are a few things you need to commit to and do. Then the magic will happen!

1. Look at your vision board daily and imagine yourself in the future you dream of.

Imagine being in that future. Imagine how you'd feel, what you'd be doing, who you'd be with. Imagine any sights and sounds, tastes or smells.

It feels so real that you could just step into it!

Believe that future is already yours.

2. Acknowledge and be grateful for the abundance and goodness in your life now.

Acknowledge the good that is already in your life now, the goals you've achieved, and the changes you've seen and felt.

3. Take action every day, however small it all counts!

4. Get clear about the hurdles or obstacles you might face as you work towards your dream and goals, and identify how you'll overcome these.

5. Set yourself up for success by creating the rituals, habits and routines that will help you achieve your dreams and goals.

**If my mind can conceive it, and my heart can believe it,
I know I can achieve it. - Jessie Jackson**