

Creating a Vision Board

A vision board is a visual representation of the things you want in your life. What would your ideal life look like? Your vision board is collage of images and words that will reflect this future state.

What you'll need

Physical vision board:

- Magazines, photos, postcards, quotes, notes, stickers, etc
- A board (could be a large piece of cardboard [at least A3] or a cork board)
- Scissors, glue, markers, post-it-notes, perhaps pins

Virtual vision board:

- A computer with internet or smart phone
- Pinterest or an alternative design software such as Canva



Actions:

1. Find a quiet space to work uninterrupted for at one to two hours. Consider some relaxing or inspiring music in the background.
2. Spend time gathering magazine images and other items such as words, quotes, notes or stickers which connect with you when you think about the future. As you compile your board content imagine how it would feel to have these things, experiences and outcomes in your life. (Don't glue them onto the board until you have gathered the majority of content. Dream big and don't be restricted by what you believe to be reality.)
3. Position your board contents on your board to plan the layout then glue or pin them into place.
4. Put the board up somewhere you will see it daily. If you have created a virtual vision board, perhaps turn it into your computer desktop or print it out and hang it on a wall.