

VISION BOARD

Entrepreneurs and athletes frequently use visuals to train their focus and stay on target, and you can too! Compiling images in the form of a vision board is extremely effective at influencing your mind and harnessing your intention to bring about positive change. A vision board contains images of actions, words, products, or places representing what you want in your life. Vision boards not only keep your motivation driving directly towards your wellthought-out desires, but they strengthen your decision making process. They serve as a road map and very present reminder of what your actions should work towards.



CREATE A VISION BOARD

What you think about, you bring about.

- 1 TO MAKE A VISION BOARD**, invest time clarifying your goals. Decide what part of your life this board will represent and for what period of time. Is this for short-term or long-term goals? You can make several mini-boards for each area with a goal or cone large board.
- 2 AFTER YOUR GOALS ARE CLEAR**, use a blank wall or board to pin images as a collage.
Collect images from:
 - magazines
 - personal photo albums
 - online
 - your own sketches
- 3 SUPPLEMENT IMAGES WITH QUOTES OR WORDS** that also represent your vision. Use vibrant colors to enhance the emotion of these pieces. A vision board represents everything that is YOU, so creatively express YOU! For “portable” vision boards, use a piece of cardboard to glue or tack images in place. Cork boards work well for this, too. Otherwise, tape images to open wall space in an area where you frequently work.
- 4 DISPLAY YOUR VISION BOARD** in a place that is highly visible to you. Popular places to hang vision boards are above computer screens, in offices, next to mirrors, on refrigerators, or any high traffic area of your home or office. You may want to take a photo of your vision board or create a digital version to display on a mobile device.
- 5 MEDITATE ON THESE IMAGES** for a few minutes a day. As these visions become reality, acknowledge the success with check marks or stamps recognizing the piece as achieved. Give yourself the satisfaction of completion!