

VISION BOARD

Entrepreneurs and athletes often 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 you in alignment with your desires, but they strengthen your decision making process. They serve as a road map and physical reminder of your big vision, and the steps you can take daily to keep living it.



CREATE A VISION BOARD

What you think about, you create.

- 1 TO MAKE A VISION BOARD**, first take time to clarify 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 or one large board.
- 2 AFTER YOU GET CLEAR ON YOUR GOALS**, use a blank wall or board to pin images and make a collage.
Collect images from:
 - magazines
 - personal photo albums
 - online
 - your own sketches
- 3 SUPPLEMENT IMAGES WITH QUOTES OR WORDS** that represent your vision. Use vibrant colors to bring emotion to these pieces. A vision board represents everything that is YOU, so express yourself! For “portable” vision boards, glue or tack your images to a piece of cardboard. Cork boards work well for this, too. Otherwise, tape images to open wall space in an area you see often.
- 4 DISPLAY YOUR VISION BOARD** in a place that’s 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 might want to take a photo of your vision board so you have a digital version you can display on your mobile device.
- 5 MEDITATE ON THESE IMAGES** for a few minutes a day. As these visions become reality, acknowledge your success with check marks or stamps on your vision board. Give yourself the satisfaction of completion!