

Creating a Vision Board Holding the Vision



Images from Pixabay

Vision Board – One way to hold our Vision



What is a Vision Board?

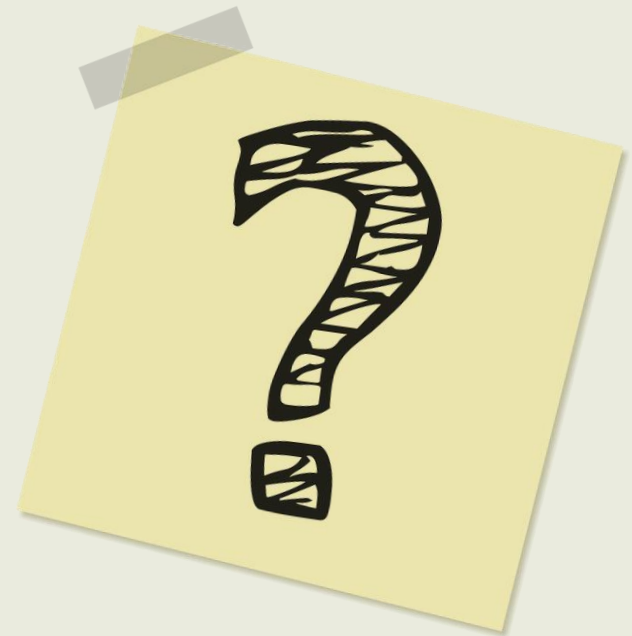
A vision board is a collage of pictures, images, words, and affirmations of one's dreams and desires created for clarity, inspiration and motivation.



Vision Board Possibilities for Home and Life!



- How would you like to decorate a room or space?
- What are you looking for in a house/apartment/studio space?
- What social, sport or creative activities/experiences are you wanting to bring into your life more?
- Creative ideas to be social?
- Are there goals you want to focus on?
- Travel dreams. If you can't travel, what would you like to learn about a different place? Food, music, culture, architecture?
- How would you like to be/feel in a situation?
- What qualities are you looking for in a friend, support worker, neighbourhood?



Simple Steps for Making a Vision Board



Step 1)

Talk with someone or sit with yourself, get calm and present.

- Get an idea of what it is you are wanting to vision for the future.
- What are your dreams, goals, desired situation or even just a perfect day?

Step 2)

Pick one thing you are most wanting to do a vision for to be the theme of your Vision Board.



Simple Steps for Making a Vision Board



Step 3)

Gather tools and supplies:

- Magazines, photos, brochures, etc. or print images from online
- Bristol board, cork board, canvas or large piece of cardboard
- Glue, glue stick or tape
- Scissors, scrapbooking cutting tools if available



Simple Steps for Making a Vision Board



Step 4)

Look through your pile and find pictures and words/phrases related to your Vision that awaken your heart. Choose pictures that offer the FEELING of what you desire.



Step 5)

Place your photos on the board, starting with the larger ones and arranging/rearranging until they feel right to you. Take a photo of it to help with placement while attaching pictures/words.

Simple Steps for Making a Vision Board



Step 6)

Glue or tape the photos, starting with the background ones if you have a lot.

Step 7)

Place your Vision Board somewhere that you will see it often: fridge, wall, screen saver, door, etc.



View Your Vision Board Often!



Show your vision board to others. Share your vision.

Connect often to the feeling of what you are desiring so you train your brain to stay positive and focus on your desires and next steps/ actions needed.

Your positive thoughts will help you see more clearly when possibilities come your way!



How to make a Vision Board – More Ideas!

3 activities that you enjoy doing

2 places that make you feel safe or happy

Favourite or fun quote

3 goals that you'd like to accomplish this year

A grateful heart is a magnet for miracles

Another 12 MONTHS

Another 12 BOOKS

Family Fun Day

Source: mindoverlatte.com

More Ideas and Examples



Source: Etsy [Glad.is](https://www.glad.is)



Source: [travelmamas.com](https://www.travelmamas.com)



**INSTEAD OF
OBSESSING ABOUT THE
OUTCOME, FOCUS ON
HOW YOU WANT TO
FEEL.**

**GABRIELLE BERNSTEIN
THE UNIVERSE HAS YOUR BACK: TRANSFORM FEAR TO FAITH**

Source: gabbybernstein.com

Vision Board – The Possibilities are Endless!



The possibilities are endless.

Vision Boards also can change as your ideas, desires, priorities change.

*You may want to revisit
make some changes to your
Vision Board or even create
a new one.*

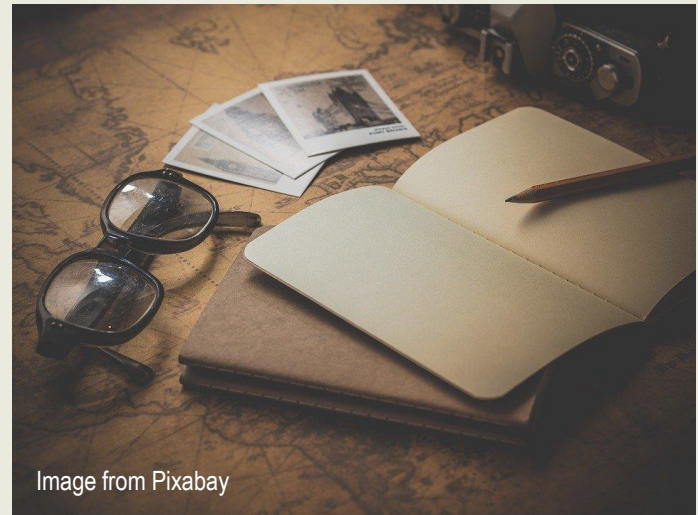


Image from Pixabay