

CREATE YOUR DREAMS AND GOALS

# VISION BOARD

IT WILL INSPIRE YOU TO DO GREAT THINGS



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Let's get started

## What is a vision board?

A vision board is a collection of inspirational pictures, magazine clippings, words, and quotes that visually affirm your goals and dreams.

# Visualizing is powerful!!!

A Vision Board, whether on a physical board or digitally on your computer or Ipad, is a visualization tool of your dreams and goals created with pictures and words. It is a collection of inspirational pictures, magazine clippings, words, and quotes that visually affirm your goals and dreams. Visualizing is powerful!!! Another name it is known by is Dream Board.

Recording your dreams and goals is a powerful tool that helps you set goals and shape your mindset to create your dream life.

# The Power of Visualization

Visualizing your dreams and goals is a powerful tool that helps you set goals and shape your mindset to create your dream life.

Visualization is the practice of imagining what you want to achieve in the future.

As if it were true  
today.



# Why Visualization Is So Powerful For Your Brain?

Visualization is not about simply placing an image on a board to “manifest” what you want or just using “the law of attraction.”



**It's all about your brain: Your reticular activating system (RAS) is the “*filtering station*” of your brain. Constantly seeing the images on your vision board helps your brain filter out the stuff you don't want while focusing on what you do want. Seeing a constant visual reminder of your goals is how your subconscious mind stays focused on your goals.**

When you create YOUR vision board and place it in a space where you see it often, you do short visualization & goal-setting exercises throughout the day.

You may not even realize you're doing it.

Again, what you focus on expands. Creating a vision board gives you a visual way to see your goals and **develop a mindset** to reach them on a daily basis.

# *Taking the plunge to creating your vision board...*

## **Step 1: Do A 10-Minute Visualization**

Find a quiet place to gather your thoughts. This should be a calming and meditative experience. You can take as little as 5-10 minutes or as long as you need to do this.

Grab a pen and paper.

### **Ask yourself:**

What do I want my life to look like?

What do I want my home to look like?

What do I want my food and nutrition to look like?

What do I want to do MORE of in my life

What physical things do I want to bring into my life?

How do I want to FEEL every day?

What words, phrases or quotes make me feel good?

What financial and career goals do I want to meet in the next year?

What major purchases do I want to save for?

What is my dream travel destination in the next year?

Write down what comes to mind. Create your own questions that fit your dreams and goals

I have found that the secret to making a great inspiration board is by **handwriting** your goals down. There's something energetic about actually handwriting your goals. From your goals and aspirations, think about what you want on your vision board. This is where the fun begins!

You'll be amazed at how things just start popping up all over the place once you set the intention for what you want and how you want to feel.

## Step 2: Planning Out Your Vision Board

**The one major rule of creating a vision board is that there are no rules!** This should be a fun and creative time for you to focus on your greatest dreams and goals!

**What should I put on my vision board?** Your board should include anything that inspires and motivates you. It should be a visual representation of how you want your life to look. The purpose of your board is to bring everything on it to life.

Start gathering any supplies that you already have in your home to use for your vision board, then...

### IDEAS TO PUT ON YOUR VISION BOARD

Although you can purchase a vision board kit, I think it is special to create your own vision board. Creating your own will motivate you to actually follow through and start dreaming up more goals.

It should include anything that inspires you. This can consist of many things such as pictures, favorite quotes, memories/memorabilia, postcards or cards, and more. I love looking at Pinterest for inspiration on vision board ideas and vision board examples.

#### Magazine Images:

Magazine cutouts that represent how you want to feel, where you want to travel or any material objects that you desire are perfect for adding to your board. These can be from any magazine, such as fashion magazines, lifestyle magazines, and travel magazines. Simply cut out your favorite picture(s) and attach them to your board with glue or pushpins.



**Photographs:** This can include images you see online, or photos that you already have that represent what you want more of in your life. Use any images that represent what you want your life to look like.

**Inspirational Quotes:** I love finding inspirational quotes to use on a vision board. Try using books, movies, and Pinterest as a start to finding inspirational quotes.

**Spiritual or Quote Cards:** You can find fun decks of cards with angels, quotes or spirituality-related phrases on Amazon or in most bookstores. If one resonates with you, use it. Just have fun!



# Step 3: Gather Your Supplies

Here are the supplies you'll need:

The board...you have options!

- If you're new to vision boards, maybe start with a cork board or poster board from the hobby store.
- If you can, I recommend a pinboard or something pretty you like to look at — I got my 24×24" white wood-framed pinboard on Etsy. There are some nice ones on Amazon and at a good price. Grab some thumbtacks if you're using a cork board. You can also create your vision board on your computer and print it out!



- **Embellishments:** If you want, fun markers, stickers, or other scrapbook-type elements can deck out your board. I personally like keeping my boards clean, but if embellishments match who you are, then go for it!



- **Magazines, Photographs, Quote Cards, or Printouts:** Magazines are great to cut images and quotes from. You may also want to print photos or magazine pages from online publications.
- **Your Board's Focus Items:** Most importantly, compile the stuff you want to look at every day. These may be photos, quotes, sayings, images of places you want to go, reminders of events, places, or people, postcards from friends... anything that will inspire you is fair game.
- **Time:** Give yourself a stress-free hour or two to put your board together. If you're a social butterfly, invite your friends over and make a party out of it. It sets the tone for the event beautifully — everyone is more focused and less stressed after we do it.



**Other supplies:** Don't forget to grab scissors, tape, thumbtacks, and/or a glue stick to put your board together.

## Step 4: Create Your Vision Board

Now, you're ready to actually create your vision board. Try following these simple steps for how to make a vision board:

- **Set the mood.** Turn off the TV and turn on some relaxing music. Light a candle and clear your space. This is the perfect time for self-care and wellness.
- **Experiment with different layouts before gluing or pinning.** Lay each piece out before you start gluing and pinning so you can get an idea of where you want everything. When it comes to actually placing your stuff on the board, I like to leave space between each item because clutter clouds my mind. I like space. However, if you love the feeling of closeness and want everything to touch and overlap, then huddle it all together and overlap your objects.
- **Create the final board.** As for choosing what makes the final cut, it's okay to ruthlessly edit out what isn't right for you. Put something down that doesn't feel important or like it fits with the rest of your dream life? Leave it off.

**Now, go hang it up in a place where you'll see it each day! I like mine in my studio...**

- A vision board is simply one more tool in your toolbox to improve your mindset and improve your self-awareness.





## **SHOULD I HAVE ONE VISION BOARD OR MAKE MULTIPLE FOR DIFFERENT AREAS OF MY LIFE?**

I like to have one vision board that I look at every day in my studio.

Each area of our lives affects each other, so starting with one central board usually makes sense.

Theme boards that center on specific events or areas of your life are great, too. For instance, a wedding day-specific will help you focus on how you want to feel on your big day. A career-specific board at your desk space can help you work towards a promotion or raise.

## **HOW OFTEN SHOULD I REDO MY VISION BOARD?**

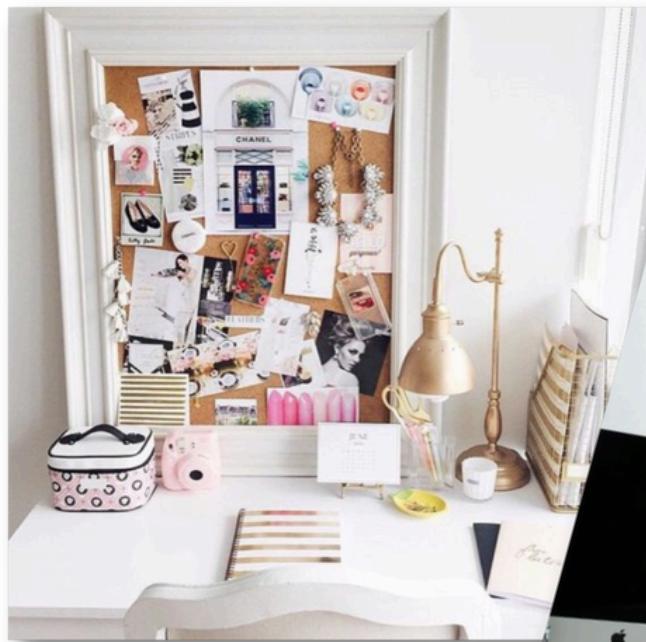
Whenever it feels right. I often leave blank space on my board to accept new things as they appear in my life and add and rearrange during the year when I feel it. You'll just know.

Every December, I give the board a total refresh to get clear about what I want in the new year. Some things stay, and some have served their purpose and don't make the cut.

Have You Made a Vision Board Yet? I absolutely love my vision board, and I hope you will love yours as well. We would love to see your vision board.

**Please share in our Art Connection Facebook Group!**

# CREATE YOUR DREAMS AND GOALS



I can and I will

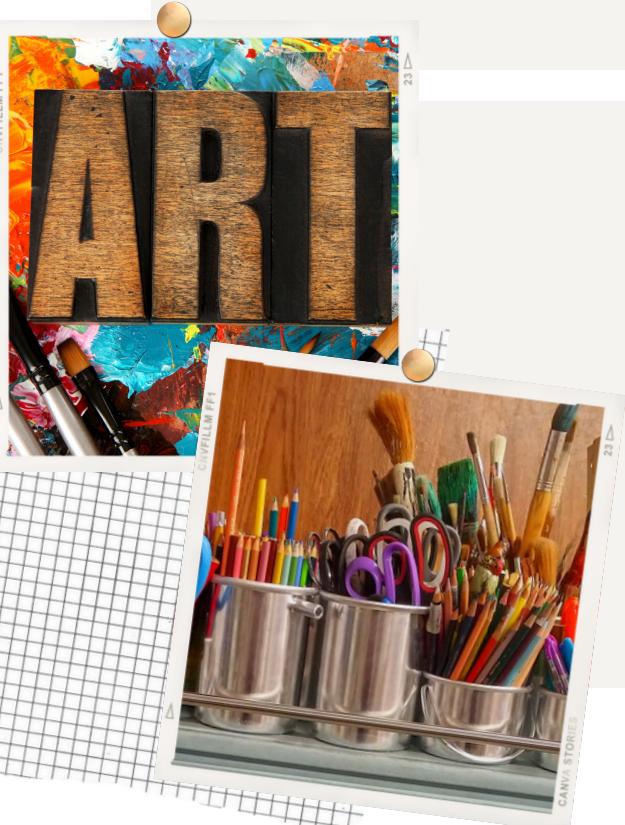
health

family



relationships

career



personal

my vision board

Artistic Marketing Solutions

# vision board

WEALTH GOAL	HEALTH GOAL	
LOVE	FAMILY	CAREER
SPIRITUALITY	KNOWLEDGE	
NOTES		

# My Vision Board

January

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February

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December

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