



VISION BOARD: Create a visual representation of what you desire for 2024

A vision board is a powerful visualization tool that you can use as inspiration for your journey toward your ideal life. Some people refer to it as a “dream board” or an “inspiration board.” No matter what you call it, it’s basically a collage of **pictures, words, art** and **quotes** that serve to remind you of your vision and goals.

Begin with the End in Mind:

You need to identify what you want if we you want to get it - Your vision is the starting point towards your destiny.

Ask yourself the following question:

1. What do I want out of life?
2. In what area of my life do I want to advance?

List priority goals for 2024

2. What if anything presents a challenge?

What is the Why of your Vision = **Purpose**



VISION BOARD

Step 1:

Set aside about an hour to complete your vision board. Go to a quiet space in your home where you can concentrate on yourself for a little while.

Step 2:

Create a relaxing atmosphere. Put on inspiring or upbeat music. Light a few candles if you want. Close your eyes and take a moment to reflect on your big goals and dreams. What do you want your ideal life to look like?

Step 3:

Cut out images (from magazines or stock photo images from the web, or other source) that represent the life you want to live. For example, if you want to become an interior designer, you might clip photos of homes, decorated show rooms.

Step 4:

There's no "right way" to arrange your images. You can have a photo of yourself in the middle of the board (optional). Then, paste or pin your magazine images on your board. You can fill the board with pictures or just have a few spread out all over on the board.

Step 5:

Use your markers or paint to write or draw your personal statements of affirmations onto your vision board. You can also just cut out words or phrases from the magazines to paste on your board that remind you of the life you want to live.

Step 6:

Display your vision board somewhere you'll see it every day and feel inspired! If you like, you can also frame your vision board and hang it on your wall.

And there you have it – an easy, step-by-step process for creating a vision board to help you reach your goals. I hope it's useful to you!