

# Vision Board Creation Together

*Visualizing Your Shared Future*

## Overview

Creating a Vision Board Together is a 2-3 hour creative exercise where couples collaboratively build a visual representation of their shared dreams, goals, and desired future. Using images, words, and symbols, you create a tangible reminder of what you're building together. This exercise combines the power of visualization (proven to increase goal achievement) with quality time and creative partnership. The finished board becomes a meaningful artifact you can reference to stay aligned.

## The Science of Visualization

- 

## Gathering Materials (Before You Start)

Y

o

<

b

pagebreak

## The Vision Board Creation Process

<

b

<

b

<

b

<

b

## What to Include on Your Board

- 

## After Creation - Putting It to Use

<

b

<

b

<

b

<

b

## Common Pitfalls to Avoid

- 

## Deepening the Exercise

F

o