



Vital Education Rally That Inspires Growth Opportunities

REIMAGINING TOMORROW: Your Utopian Vision

The Vision Board Process

In a time when life seems to speed up faster every day and we are often bombarded with competing priorities, it can be easy to lose our focus on what matters most. Having clear goals that are shaped by our seasons of life and our values can help us clear through the daily noise to focus on what is most important. There are even indications it can be good for our health!!

A vision board can act as a “North Star” to help us know when we are on course and when we’re veering off. They can help determine what we should be saying “yes” to and what we should step away from.

Here are some pro-tips to help your vision board offer clarity, direction, and inspiration all throughout the months ahead:

1. Choose no more than three (3) key focus areas.
 - The more goals we try to set, the less capacity we have to give each one.
 - Keeping our focus specific allows us to master the goal successfully.
2. Narrow your timeline to 12-18 months.
 - It takes time to achieve things. Make sure your vision board provides enough space to be realistic and attainable while still giving space to dream and run.
3. Allow creativity in the process.
 - A vision board is not supposed to be perfect and pretty – it’s supposed to be motivating, inspiring, and recall what means the most to you.
 - Don’t waste time on looks. Focus on how the images make you feel.
 - i. What memories do they evoke?
 - ii. What ideas come forward?
 - iii. What actions do you want to take when you look at it?

For more insight into the business power of visualization, check out this experiment conducted in 2000:

[The Health Benefits of Writing about Life Goals](#) by Professor Laura A. King

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