

Steps for Creating a Vision Board

I. Getting Started

1

Reflect upon your goals. Most of us have some general or vague idea about what we want out of life, what our goals are, and what makes us happy. Nonetheless, when asked directly about our conception of the good life, we may struggle to come up with specifics.

2

Think about the big questions. Before you get started making your vision board, spend some time thinking about the following general questions:

- What, in your view, is a good life?
- What makes a life valuable or worth living?
- When you are on your deathbed, what will you have hoped to have accomplished

3

Break down the big questions. To help you answer these big questions (which can be overwhelming!), break them down into smaller questions:

- What activities do you want to learn how to do?
- What hobbies and activities do you already do, but want to continue doing or get better at?
- What are your career goals? What steps will you have to accomplish along the way to be able to eventually land your dream job? (For example, do you need a particular degree, or will you need to secure an internship?)
- What are your relationship goals? Don't think just in terms of whether or not you want to be married, be in a long-term relationship or have children: think more specifically about what kind of person you want to be with, how you'd like to spend time with your partner, etc.
- How do you want to be remembered by others? For example, do you want to write the next great American novel? Do you want to head a charitable organization that positively impacts the lives of others?

4

Choose your theme. Based upon the discoveries you've made after completing the above steps, it's now time for you to decide what you want the focus of your vision board to be. Don't feel as though you must limit yourself to creating just one vision board to reflect all of your dreams. You can make as many separate vision boards as you want, each with a different focus.

Creating your Vision Board

1

Decide upon the format of your vision board. Now that you've chosen a theme for your dream board, you'll want to decide the format that it will take. Most people who make vision boards make physical boards out of poster-board, cork-board, or on any material that can be hung on or propped against a wall. When placed in a prominent position, you'll be able to view your vision board regularly and reflect upon it daily.

2

Collect inspirational images for your vision board. Now it's time for you to find positive images that correspond to your chosen theme. Obvious sources are the internet, magazines, and photographs, but don't forget to keep your eyes open while out and about for funky, inspirational postcards, newspaper clippings, labels, etc.

- When choosing your images, select them with a careful eye, making sure to closely examine the entire image.
- For example, if your goal is to get into your dream college, be sure to include an image of the campus, but select shots that are taken during your favorite season, or which show students engaged in activities you hope to enjoy while enrolled as a student.

3

Collect inspirational words for your vision board. You want your vision board to be very visual, and to contain plenty of images which appeal to you and which demand your focus. Don't forget, though, to pepper your board with plenty of inspiring sayings or affirmations.

- An affirmation is a positive saying or script which you can repeat to yourself as a mantra. You can of course [write your own affirmations](#), or you can search online for examples or visit your local bookstore or library for inspiration.
- Your aspirations should be positively focused. For example, perhaps your goal is to be selected as first violin in your orchestra, but in the past you've struggled to practice every day, in spite of making resolutions every New Year's Eve. Don't include the following: "I won't quit practicing daily after just one month, like I always do". This just highlights your previous shortcomings, and has an overall negative tone.
- Instead, consider something like "I'll fill my home with joyful music daily". This is so much more positive, and makes practicing an activity to look forward to, as opposed to describing it as something to be endured.

4

Put your vision board together. Once you've selected your images and inspiring phrases, it's time to get creative with your arrangement. Experiment with different designs—you can find fun examples through online searches, but don't feel as though you have to match anyone else's style.

- Consider choosing a colored background for your vision-board. Select this color carefully depending upon the nature and content of your theme. For example, if you want to stay pumped-up about being able to accomplish a difficult physical goal (like being able to bench press your own weight), choose a strong color, like red.
- If, on the other hand, you are working on achieving peace and calm in your life, choose colors that are likewise soothing, like a soft blue.
- Think about including a photo of you in the center of your vision board and surrounding yourself (literally!) with your inspiring images and words.
- Once you've settled upon a design and arrangement that appeals to you, secure the components with glue or staples (if you are making a physical vision board; if you're making an electronic version, be sure to save your file!).

EXAMPLES:

http://cdn.skim.gs/image/upload/c_fill,dpr_1.0,w_940/v1456338815/msi/Visionboard3_lsgoah.jpg

<http://beinspiredgroup.com.au/wp-content/uploads/2013/06/Marks-Vision-Board.jpg>

http://1.bp.blogspot.com/-pJyNB5dfyag/UsciYANBM_I/AAAAAAAAAKz8/e0sZbrrDc0Q/s1600/2013-08-01+09.40.04.jpg

http://1.bp.blogspot.com/-pJyNB5dfyag/UsciYANBM_I/AAAAAAAAAKz8/e0sZbrrDc0Q/s1600/2013-08-01+09.40.04.jpg