

Vision Boards - Easy Ways To Make Your Own

WHAT IS A VISION BOARD (VB)?

You know what you want. You have thought it through in detail using the smart goals worksheets. Now you just need to do whatever it takes to get it!

A VB is a tool that thousands of people across the world have used successfully as part of their goal setting process to help them be, have or do whatever they want. The launch of the New York Times Bestseller “The Secret” has made this tool even more popular today.

The concept derives from the practice of visualization – the art of creating clear, colorful and compelling pictures in your mind of exactly what it is you want.

In the same way that you can visualize just one goal or spend time visualizing all your goals, the same is true in creating your board. Rather than being a picture of your goal or goals in your mind’s eye, it is a hard copy, physical picture.

The 'board' as it implies, derives from the fact that often a cork notice board or other type of board is used as the background on which to place the separate images that make up your overall 'vision'. Today there are many other ways of doing this as well.

Let's imagine your goal is to spend four days holidaying in Paris. Then you might collect pictures of all the places you want to visit, the experiences you want to have, what you want to eat, to buy, etc.

In this case you might be pinning, gluing or gathering pictures of the Eiffel tower, a boat on the River Seine, the Mona Lisa, and coffee and croissants, onto your board.

On the other hand let's imagine you have a number of goals you want to achieve. You may choose to create one board to remind you of all of these. Your board may have pictures of where you want to travel, but also what you would like to work at, how much money you would like to earn, what kind of house you would like to live in etc.

HOW CAN THEY HELP YOU ACHIEVE YOUR GOALS?

In five ways: They:

- Serve as a great visual reminder of what it is you truly want.
- Drive the message about what it is you want deep into your subconscious mind.
- Program the reticular activating system in your brain to notice resources that will help you achieve your goals – resources that you hadn't noticed before.
- Attract to you the very resources and people that you need to achieve your goals.
- Motivate you to take action to achieve your goals.

8 GREAT WAYS TO MAKE YOUR OWN

1. Paper and glue

Use a big sheet of paper as the background– color of your choice. Glue the images that represent your goals straight onto the paper. Using a thick pen write appropriate words too eg \$50,000 per year salary.

2. Noticeboard and Pins

Buy yourself a cork or felt notice board and pin all the images and words that represent your goals directly onto the vision board. (Personally I like this route as it allows me to update my words and images more easily than when using paper and glue)!

3. Draw it!

Got, paper, colored pencils and artistic talent?

4. Fridge Door

Buy yourself a bunch of fridge magnets and use them to hold your pictures and words on the front of the fridge door – you will definitely see this every day!

5. PC Screen

If you know how, you can compile images of all the words and pictures that represent your goals and make a screen shot of them. You could then make this the wallpaper for your computer every time you open it up.

6. Powerpoint

Again, if you have the skills, you could create a PowerPoint presentation to remind you of your goals.

7. Video with music

Make a video with all your pictures and words and have a motivating backing track to listen to while you watch it addictively. Animoto is the software I use to do this. It's so easy and best of all you can create as many 30 second free videos as you wish. These are perfect for single goals.

8. Vision Book

A large scrapbook where you write your goals, one by one, at the top of a page and then underneath that glue in the pictures that best represent that goal to you.

WHAT YOU WILL NEED

Physical:

A pile of magazines Include magazines from all walks of life – fashion, family, finance, home, travel, nature, hobbies...

Glue Either glue or glue stick if you are gluing pictures to paper.

Pins◀ This is if you are using a cork or felt backed notice board.

On your computer

Images There are many free sources of images such as flickr that you can use. You could also search Google images but be aware many of the images are copyright. Make sure you look at the source of the images and only use them if you are allowed.

WHERE TO PUT THEM SO YOU CAN SEE THEM!

The most important thing to know is that you MUST put your vision board somewhere where you will see it every day.

However, do not put it where there is a chance others can see it and laugh about it. This could end up undermining your own confidence and have the opposite effect to what you are trying to achieve.

Where you put your vision board will depend on whether you have made a physical board or a picture on your computer, and on its size too but here are some ideas:

Put it on a wall in your house that you look at as you pass by. Place it close to the bathroom mirror – you stand there for long enough brushing your teeth!

Put it inside the larder door – away from public view but knowing you'll see it daily on all those occasions you open your food cupboard!

If you have created an online vision board then take time to watch it every day when you start up your computer. If you make a habit of this then you will be seeing the images of your goals being achieved very frequently. Every day perhaps.

Dr Joe Vitale likens this process of creating a board to '...having the universe as your catalogue. You flip through it and say, " I'd like to have this experience and I'd like to have that product and I'd like to have a person like that etc ". A vision board is you placing your order with the universe. It's really that easy.

If this is all new to you just do it and watch what happens!

VISION BOARD WORKSHOPS

You may find that there will be life coaches in your area who will run workshops designed to help you put together your board.

If so you may want to sign up.

If you can't find a workshop you could take the cheaper option and organize a vision board party!

Vision board parties are easy to organize. Just get a group of friends together and ask them to bring along a selection of colorful magazines, a pair of scissors, a large sheet of paper (or a noticeboard), glue or pins.

A thick black pen will also be useful to write down the words you want your board to advertise to your subconscious!

Dan's Vision Board

I live a peaceful life



I love and I am loved back



I do exciting things everyday



I am surrounded with wealth



I Travel To Exotic Places

I enjoy every minute with my family