

How to Create a Vision Board That Works

Vision boards can be a very effective tool in helping you reach your goals if you use them correctly. Follow this step by step guide to make one that works for you.

THINGS YOU WILL NEED

POSTER BOARD, CORK BOARD OR EMPTY WALL SPACE

Typically 24" x 36", but you can use any size as long as you can keep it somewhere that you will see it every day. Yes, even a blank wall will work if your vision is big!

PICTURES THAT DEPICT YOUR GOALS

The easiest way to get these is to search the internet but you can also clip them from your favorite magazines.

ART/CRAFT TOOLS & SUPPLIES

Tools to cut pics from sources

- Scissors
- Exacto Knives

Ways to affix them to your board

- Tape
- Glue
- Pushpins
- Stickers



STEP 1: Identify the goals and dreams that you want to achieve and are willing to put in the work required to be successful.

STEP 2: Find specific pictures of your goals and some words or affirmations to go along with them. Then paste them on your board.

STEP 3: Place your vision board in a place where you can look at it every day for inspiration, at minimum when waking up and before going to bed.

(HELPFUL HINT: when looking at your vision board, picture yourself doing the work it will take and envision the feeling of success you will have when reaching your goal.)

STEP 4: Now do the work. Those goals and dreams aren't going to happen without putting in the effort. Use our article and worksheet to assist you.

ADDITIONAL TIPS

- Look at your dream board often and feel the inspiration it provides.
- Hold it in your hands and really internalize the future it represents.
- Read your daily affirmations and inspirational words aloud.
- Be grateful for the good that is already present in your life.
- Acknowledge any goals you have already achieved.
- Acknowledge the changes you have seen and felt.