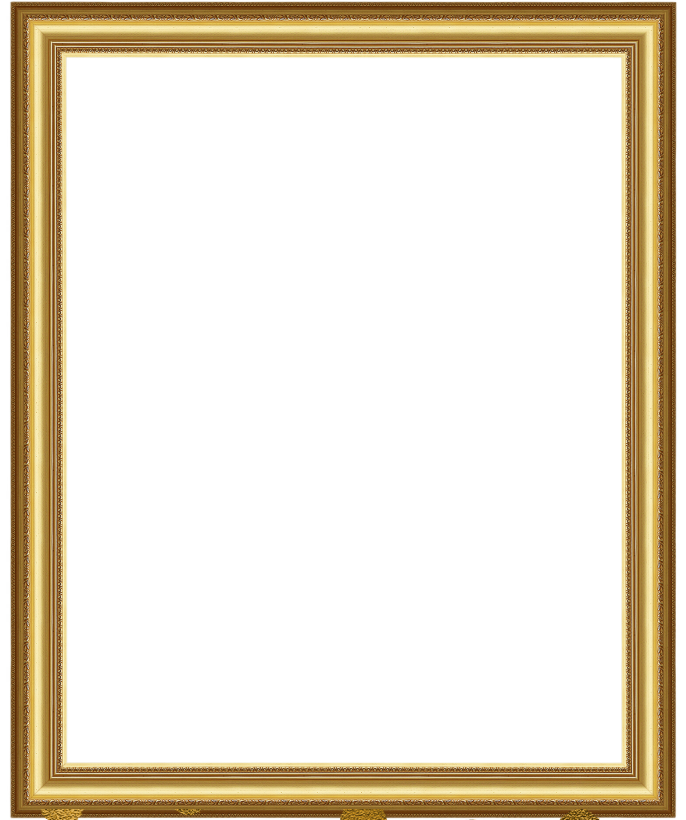


# How to Create a Vision Board



she loves good things

# VISION AND GOAL PAGES



## WHY WE CREATE VISION BOARDS

A vision board is a great way to jump start your goals anytime during the year. In doing so it helps with your project, increase your income, increase your productivity, helps in your business/organization, helps performance, helps with life balance, health, family, to cut down on work anxiety, and it is also useful to learning a new skill.

## SUPPLIES NEEDED

- Adhesives: double-sided tape, glue; spray glue, glue stick, liquid glue.
  - Poster board.
  - Scissors.
- Notepad/ journal/my planner pages.
  - Magazines.
  - Pen.

### **Optional:**

- Colored pen or crayon.
- Other arts and crafts materials.
  - Paper cutting board.

# VISION AND GOAL PAGES

## STEPS TO CREATING YOUR VISION AND GOALSETTING BOARD

1. Write down your goals, visions and dreams then imagine the goals in your mind, imagine where you want to be, write down the steps to get there, and as you do so think about your motive for wanting this now, or in the next couple of years. If you can't think of any right now, here are some ways stimulate a recall of your goals, visions and dreams:

a. Write down everything that came to mind when you realized you were going to be creating a vision board.

b. Write down everything you've had at the back of your mind as a to-do, write as many as 3 to as many as 10. - **5 - 10 minutes**

2. Choose 1 goal, vision or dream from the 10 you wrote above and write down the 3 things will do weekly to work on that goal. Think about the things you may need to change; habits, routines, indulgences as you write the 3 things down. - **5 minutes**

3. Next, cut pieces of pictures and words from the magazine that fit the dreams, visions and goals you listed above. Cut pieces that you are drawn to from the magazine, place them on your poster board, move them around so they look like you want to when it's completed and displayed. Once you find the layout you love the next step is gluing, If you don't like the layout, you can rearrange them again till (I call this the vision de-cluttering process) you fall in love with your layout, next glue your pictures and words to the poster board. - **10 minutes**

4. Let's make our vision board - **15 - 20 minutes.**

5. Reflection time - **10 minutes.**

# VISION BOARD PAGE

# VISION BOARD PAGE



# NOTES

