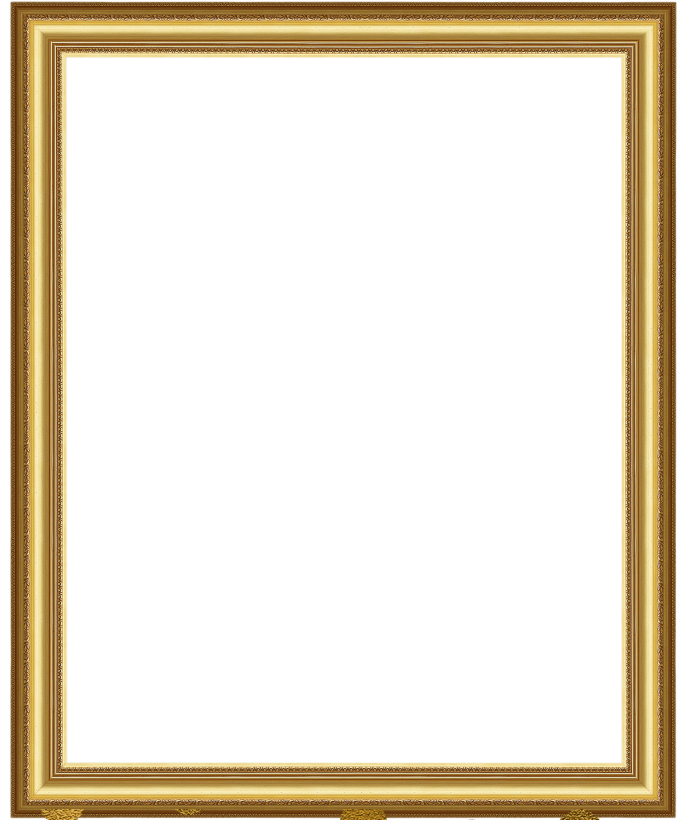
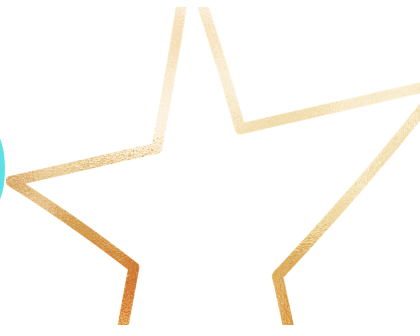


How to Create your Vision Board



shelovesgoodthings

VISION AND GOAL PAGES

WHY WE CREATE DREAM AND VISION BOARDS

A vision board is a great way to jump-start our dreams and goals anytime during the year. It can be used to re-ignite our dreams and passion in spite of what's going on in the world or even what's going on in our immediate environment.

When our dreams are re-ignited: this focus helps with our projects, will increase the chances of our income going up, increases our productivity, helps in our business/ministry/calling. It helps our overall performance, helps with life balance, health, family, and relationships, helps cut down on work anxiety, helps us prioritize and it is also useful to learn a new skill.

Take a minute to reflect on this statement: What are you being called to create in spite of the pandemic? - Jo Saxon

SUPPLIES NEEDED

Double-sided tape, glue, spray glue, glue stick, liquid glue, poster board, scissors, notepad/ journal/my workbook pages, 10 things page/ 3 things weekly page, magazines or graphic design apps, and a pen or pencil.

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 to 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. Using the 10 things page write down everything you've had at the back of your mind as a dream or a to-do, write as many as 3 to as many as 10. This should take you about **5 - 10 minutes**
2. Using the 3 things page 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. This should take you about **5 - 10 minutes**
3. Using the vision board pages, next, cut pieces of pictures from the magazine or use from a graphic design app use words that speak to your dreams, visions, and goals listed above in #2. 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. - This should take you about **15 - 20 minutes**.
5. Reflection time - **10 minutes**.

VISION BOARD PAGE



VISION BOARD PAGE



NOTES

