

Creating a Vision Board

What is a vision board?

A vision board, also known as a treasure map or creativity collage, is a collection of pictures, words, and phrases that embody what you want to manifest in your life. Vision boards can represent your aspirations for your life in general, one aspect of your life, or a very specific goal.

How do vision boards work?

On an energetic level, when you set an intention and believe that something will come to be then you attract people and experiences into your life that will help you to manifest that change. Also, when you become very clear about what you want to focus on, you activate your reticular activating system (RAS)- the part of your brain that helps you notice the experiences that are important to you. In creating a vision board, you gain clarity and focus. This triggers your RAS to be on the lookout for opportunities and experiences that will lead to the change you want to create.



How do I create a vision board?

You will need the following supplies:

- Poster board or some other heavy weight card stock
- A variety of magazines
- Scissors
- Glue sticks
- Markers or any other decorative material like glitter, paint, stickers, etc.

How do I create a vision board?

1. Take a few minutes to allow your mind and body to relax by taking slow, deep-releasing breaths. Let your mind wander to any area(s) of your life where you would like to create positive change. Allow yourself to see, hear and feel the changes as if they are actually happening.
2. Browse through the magazines and tear out images and words that are appealing to you. You can also use photographs and print images from the Internet. Collect all of your images and words before gluing anything down.
3. Sort through the images and begin to lay them out on your board. Discard anything that no longer feels right. Design your board in any way you like.
4. Glue your images and words on the board. Feel free to draw images and write words or phrases as well.
5. Place your vision board in a place where you will see it often.

Learn. Laugh. Live with Less Stress.