

Vision Board

Design yourself a Vision Board representing the way you would like your life to be, or the outcome of a specific goal you have.

Either take a piece of cardboard any size (the bigger the better) or use an online program to design your vision board.

Cut out/select pictures, words, symbols, and phrases from a variety of magazines, photos, internet pictures etc. to create a vision of your ideal life or goal outcome.

Cover the whole page in images and words that inspire you.

Allow yourself to enjoy the experience of having motivating images tell a story about what you desire for yourself.

Vision Boards keep us focused and on track in relation to what we want in life. They help us imagine our future. They are a constant visual reminder of what we want and enable us to visualise clearly our goals and desires.

While having fun making a Vision Board, we engage the right side of the brain more (the creative side). Using the right side of the brain helps us to tap into our natural creative energies, intuition, and imagination, bringing a wider scope of possibilities to our goals and dreams.

Research has shown that we think and process our experiences, feelings, and emotions as images first and words second. The body's senses and the right side of the brain take in all our experiences and the corresponding emotions as images first. Then the left side of the brain translates those images into verbal thoughts.

Researchers have also discovered that imagery is the mind-body's internal form of communication. The body responds to images faster than it responds to the corresponding thought or word. Making and enjoying Vision Boards hastens the materialisation of our goals, dreams, and aspirations.

Once you have completed your Vision Board place it where you'll see it every day. Look at it and experience it. Allow yourself to be captivated by your dreams and focus on your desires; now and then think about ways you can bring aspects of your vision board into your life now.

