

Vision Boards

Introduction

We all have goals or something we want to occur in our lives. These can be to generate a feeling (calm, relaxed), improve relationships, accomplish something or even more travel. These can be personal, professional, or even Women of Today related. A vision board is a tool to help keep you accountable and stay focused on what it is that you want.

Putting your goals in visual form can help you achieve them. According to Psychology Today, mental practices (like visualization) can increase motivation, confidence, and even motor performance. A vision board provides an opportunity to see what life would look like when you have achieved your goals. This can build confidence that you can do it and motivation that it is worth it. Plus, who doesn't love an arts & crafts project with glue, scissors, and fun pictures!

A vision board is a useful tool, and you will most likely want to keep it where you can see it. This could be in a closet or a bathroom that you visit daily or at your workspace to inspire you. You may even want to have it in a format that you can carry with you to keep you reminded of what you are working for.

Visioning Worksheet

Now that you know why you are doing this, lets think about what your vision board will represent. You want this vision to be so clear that your fears are irrelevant and will no longer get in the way.

First, start with giving yourself credit. You are here today! Repeat "I am more than I am not." Focus on the positive and where you are by answering these questions.

- What have you accomplished?
- What did you try and then failed at?
- What did you do this past year that you are proud of?

In the top box, write down what you can give yourself credit for. << PAUSE >>

"I am the architect of my life. I build its foundation and choose its contents." Yet, how often do you find yourself with self-talk that starts "I guess this is just the way life is and I can't do anything about it."

What do you want to change? What would you do if none of those barriers were holding you back? What is it you really want? Write this down in the second box. <<PAUSE>>

And just as importantly, in the next box, "Why?". What is the meaning of the change? What difference would it make in your life? If you can't say "Why" you want this change, then maybe its not the right thing. But once you connect with your "Why" it will keep you going when change is hard. Make sure you write this down so you can revisit it as well as put it in your Vision Board. <<PAUSE>>

Now that you know what you want to occur in your life and Why, I invite you to envision that you already have what you want. Close your eyes and think about getting what you want. What will that feel like? How will things be different when you have what you want? Where are you? When you look around, what do you see? Is it warm or cool? When you look in the mirror, what do you see? Who is with you? What does it smell like? What are the colors? Imagine what you are doing and how does it feel? See and feel as much as you can in your life where you have achieved your goals. And when you are ready, write down as much as you can in detail of what you saw in "The greatest vision I have for myself is..."

After you have an amazing vision of your life, next think about what you can do to realize your goals. What needs to change? What is the work you need to do? What about the time you need to set aside to make room? Write down whatever you can do to make your vision happen. <<PAUSE>>

Lastly, I invite you to claim for yourself what is occurring when you are **Living Your Best Life**. How are you behaving? What are you doing? How does it feel? When are you doing things? What are you consuming...food, drink, social media, books, etc.? <<PAUSE>>

After completing all these steps, your vision for what you want should have more clarity for you. If not, I invite you to revisit this exercise at some point. For now, you have probably been thinking on this for a bit and you are ready to move on.

Building Your Vision Board

Let's get to the Vision Board! If you go over your Vision worksheet, there are probably lots of words, feelings, pictures, colors, etc. that stand out for you. Using all your resources, start collecting the images that you want on your board. You may just want what it will look like in the end or include the work that needs to be done ("I Can...") or why this is important to make this change ("Why?"). Fill your vision board with what ever you need to motivate, inspire, and hold you accountable to go after your dreams and achieve your goals.

Supplies needed:

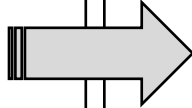
- Magazines
- Photos
- Printouts
- Stickers
- Scrapbook paper
- Glue sticks, glue or scrapbook adhesive
- Scissors
- Board – Posterboard, file folder, heavy cardstock, picture frame, foam board

Make your vision so clear that your fears become irrelevant!

Give yourself credit

What do you want to change?

Why?



The greatest vision I have for myself is...

I can...

When I am living my best life, I AM...