



How to Create a Vision Board

How many times have you wished you had more of something in your life, whether it be success, money, love, health, or something else, but weren't sure how to make it happen? One way to make your desires a reality is by manifesting, or attracting, the life you want and deserve.

My go-to strategy for manifesting is creating vision boards. By creating a vision board, you surround yourself with encouraging thoughts, inspire yourself on a daily basis to accomplish your goals, and welcome positive energy into your life.

WHAT IS A VISION BOARD?

A vision board, also referred to as a treasure map, is a simple and fun way to capture all of the dreams you have for your life and turn them into a reality.

A vision board is made from pictures cut from magazines, printed images from the internet, quotes, and/or photographs from your life that inspire you to be the best version of yourself.

On my vision board, I keep pictures of my family and my goals, as well as whatever else I want in my life. I also keep quotes that remind me of the person I strive to become which is always a work in progress!

Any image that moves and inspires you toward your goal on a daily basis belongs on your vision board. Your vision board will be your personal reminder that YOU create the blueprint for your life. And it's fun to create.



TO BEGIN YOUR VISION BOARD

1. Get clear on your goals
2. Get clear on what inspires you



TO CREATE YOUR VISION BOARD

Get a large poster board, corkboard or wall space. Use drawing pins, tape and/or glue to display all of your images together. Now you have one positive expression of your thoughts, goals, inspirations, ideas, and ideals.

Have fun with this exercise!

Turn your dreams into your reality.

If anyone wants to do a workshop on this sing out! We could do a fun time. Email <mailto:hello@youology.co.nz>