

# Creating your Vision Board

You will need:

- 3hrs of uninterrupted time
- Scissors and glue
- 3-5 magazines, as many different types as you can. Also any quotes, lines from poems, photographs, postcards etc that inspire you
- Any favourite accessories..... washi tape, stickers, marker pens
- A large piece of cardboard, ideally A3 or larger

You may want to carry this out with a group of friends and have fun creating your vision boards together



Listen to the audio recording or read through the following instructions

"Think about your life in the future. Imagine that everything has gone as well as it possibly could. You have worked hard and succeeded at accomplishing all of your lifegoals. Think of this as a realisation of all your life dreams.

Now close your eyes taking three slow breaths. Imagine you are in the future and you are waking up to a new day in this future life. Imagine yourself going through your whole day, from getting up in the morning to getting back into bed in the evening.



Spend 15 minutes flicking through your magazines

keeping your visualisation of your future life in the forefront of your mind

- rip out whole pages when a particular image or word jumps out at you,
- don't worry about editing your choices yet, just keep ripping! and creating a pile of pages

## Creating the Vision Board

- Go back through your pile of images and words, start to narrow them down
- Cut them out and arranging the images and words on your board until you are happy with the layout.
- Pay attention to the images and words you have chosen - make sure that you stick on what you WANT rather something you might want to improve about yourself. for example - if you are wanting to become less messy, rather than put any images that suggest messiness on your board think about how you would like to be and place those on your board instead - maybe a clear and minimal room?
- Photograph your board before gluing to help remind you where everything goes.
- glue in place, decorating with tapes, marker pens etc.



Look carefully at your vision board, what do you see on it?

What do the images and words represent?

Talk through your meanings of the images and words with a friend.

What small goals or actions do you want to take to move yourself closer to your future goals on your Vision Board?

## Remember

It may take time to reach your end goals

Each small step will take you closer to your future goals and is just as important a large step



Put your vision board somewhere that you see it every day to keep your future goals in the forefront of your mind

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