



How To Create an Inspiring Vision Board

By Cara Elliott

Whether you understand the Law of Attraction or not, it is a universal force constantly working and delivering to you what you are thinking about!

This Vision Board process will help to give your subconscious mind images and affirmations that help you achieve your dreams and aspirations.

Live the life that makes your heart sing!

What is a Vision Board?

Creating a vision board is one of the most valuable visualization resources available to you. This powerful resource serves as your image of your future - a tangible representation of where you are going.

Your vision board can be about anything that makes you happy. It can have pictures of places you want to go to, things you want to acquire, people in your life, those you want to meet, people who inspire you. Whatever makes your heart sing?

You can use a vision board to represent goals and dreams in all areas of your life or in just one specific area that you are wanting to focus on.

‘Every next level of your life will demand a different version of yourself’

How to start?

A vision board in 5 steps:

Step 1: Use a piece of paper or journal to write down what you want to achieve.

If you are just beginning, brainstorm your thoughts and what you would like to achieve and why? Think about where you would like to be in your life 12 months from now.

Sit quietly with pen and paper and let the thoughts come to mind and hand-write them down in any order. You can sort them into headings or themes later. Be kind and open and ask yourself what it is you want.

Or you may prefer to have headings like health, creating something new in your life, business/career, wealth, holidays, spirituality, and relationships – all aspects of your life.

Spend some time thinking about the following general questions to help you get started:

- What makes your heart sing? What makes you happy?
- Why is it important for you to change what you are already doing? What are you wanting from this life?
- Where do I see yourself in 1 years' time, 5 years' time?
- What are your dreams?
- What is it about your current situation that is no longer working for you?
- What new things do you want to create in your life? Why?
- Make a list of all the things you want in your life. It could be a 'gratitude list'. You may start writing the things you don't want and then find the opposite of these and write them down. It can be easy to find the things we don't want in our life, much harder to state what we do want. Some soul searching is needed... Be honest with yourself.

Remember, these questions are for directing your 'attention and your intention'. Where your intention goes, energy flows.

So focus on getting clear, aligning with your deepest inner-self and your *true* desires, to create the life you want.

There is no limit, no judgement, no right or wrong way to do this.

Step 2: Collect all the materials you need to make your Vision Board.

Gather pictures that represent or symbolize the positive experiences, feelings, and possessions you want to attract into your life. Be creative and generous with your gathering.

Use photographs, magazine cut-outs, pictures from the Internet. Be creative. Collect anything that speaks to you, including inspirational words, quotations, affirmations and symbols. Choose words and images that inspire you and make you feel good.

Use words and images that best represent your purpose, your ideal future, that motivate you to create the vision on your board.

You will need: Scissors, magazines, photos, glue, cork/card board or whatever you want to use as a surface. Remember, you can use the internet to find what you need.

Then go through the images and words and begin to lay out your favourite for the board. Put aside any images that no longer feel right. Trust your intuition as you lay the images on the board and arrange them.

There is beauty in simplicity and clarity. Too many images and too much information can be distracting and harder to focus on.

Step 3: Paste/pin all the pictures, sayings, quotes, or whatever you have prepared.

Put them in order of importance, or any other way you want to see them on your board. At the centre place a picture of yourself or something that represents you being the best version of you.

Remember that you are not just putting up pictures, you are finding ways to create a different way of looking at your journey.

Write down the date you created your board so you can see your progress over time. This board will be a testimonial of your journey through time, it will record your growth, awareness and your expansion.

Step 4: How to use your vision board.

Place your board(s) in places that you will be able to see them every day.

Each day you look at the board, it will inspire you and remind you where you are going. It will help you with the decisions and choices you make that will lead about your life. Be happy and take advantage of the opportunities you have every day.

Read your affirmations, tell your story out loud.

Give yourself at least a minute (five minutes is better) each day to look at your board and imagine you have already achieved this vision.

The Law of Attraction will work for you, and you will begin to find the people, events, things that you want will move towards you as you move towards them.

Acknowledge the goals and achievements as they happen, as you see and feel them.

How many vision boards should you make?

Having more than one vision board, or different forms of vision boards, allows you to see your goals almost anywhere you are. You can place them in your bedroom, office, kitchen, living room or just about anywhere you constantly see them.

You can take a picture of a board and use that as a screen saver on your computer, tablet or cell phone. No matter how busy you are, you will be able to look at your board and remind yourself of what makes you feel inspiration and gratitude.

If you are looking at creating changes in different areas of your life, you may want more than one vision board. You might use one for your personal goals, another for career and financial goals.

'Be clear about what you want.

Choose it! Live it! Be it!'