



Creating Your Vision Board



I've had so much fun creating vision boards with my friend, Jane Deuber, who has kindly given her permission for me to share this exercise with you.

Items for Vision Boards:

- **Poster board.** Target sells a really nice matte finish board. I highly recommend it.
- **A big stack of different magazines.** Make sure you find lots of different types—*Oprah*, *Real Simple*, *Natural Home*, *Yoga Journal*, *Dwell*, *Ode*, *Parenting*, *Money*, *Utne*, and an assortment of nature magazines.
- **Glue.** (Not Elmer's. It makes the pages ripple.) Check out Yes! Glue or Rubber cement.

The Five Steps of Creating a Vision Board:

Step 1:

Go through your magazines and tear the images from them. No gluing yet! Just let yourself have lots of fun looking through magazines and pulling out pictures or words or headlines that strike your fancy.

Have fun with it! Make a big pile of images and phrases and words.

Step 2:

Go through the images and begin to lay your favorites on the board. Eliminate any images that no longer feel right.

This step is where your intuition comes in. As you lay the pictures on the board, you'll get a sense how the board should be laid out. For instance, you might assign a theme to each corner of the board. Health, Job, Spirituality, Relationships, for instance. Or it may just be that the images want to go all over the place. Or you might want to fold the board into a book that tells a story.

Step 3:

Glue everything onto the board. Add writing if you want. You can paint on it, or write words with markers.

Step 4 (optional, but powerful):

Leave space in the very center of the vision board for a fantastic photo of yourself where you look radiant and happy. Paste yourself in the center of your board.

The “I Know Exactly What I Want” Vision Board

Do this vision board if:

- You're very clear about your desires.
- You want to change your environment or surroundings.
- There is a specific thing you want to manifest in your life. (i.e. a new home, or starting a business.)

How to create this vision board:

With your clear desire in mind, set out looking for the exact pictures which portray your vision. If you want a house by the water, then get out the Dwell magazine and start there. If you want to start your own business, find images that capture that idea for you. If you want to learn guitar, then find that picture.

The “Theme” Vision Board

Do this vision board if:

- It's your birthday or New Years Eve or some significant event that starts a new cycle.
- If you are working with one particular area of your life. For instance, Work & Career.

How to create this vision board:

Before you begin the vision board, take a moment to hold the intent and the theme in mind. When you choose pictures, they will be in alignment with the theme. You can do the Theme Vision Board on smaller pages, like a page in your journal.