

# How to Make a Vision Board



This *How to Make a Vision Board* PERSONAL DEVELOPMENT WORKSHEET is courtesy of: [www.PersonalDevelopmentInsights.com](http://www.PersonalDevelopmentInsights.com) & [www.FreePersonalDevelopmentWorksheets.com](http://www.FreePersonalDevelopmentWorksheets.com) where you can download more worksheets to help positively change your life.

## ***Would You Like to go on a Tropical Holiday?***

### ***Would you like a New Car?***

You'd be surprised how many people have manifested their dreams using a Vision Board. With a vision board you let everything inside of you come out in a creativity flurry that will inspire you every day. There's no reason to feel stuck in life anymore – create a vision board and feel hopeful that yes, indeed, you do create your own reality and you've decided to take charge and create what you want right now.

As of this moment start collecting pictures and words of what you want to magnetise to you. Make you sure the pictures invoke the feelings you want too. How would you feel during your Tropical Holiday? How would you feel when you're driving your New Car? It's important that the pictures show this feeling so when you put them all together into a vision board it makes you feel excited and joyful. Good vibes people. Good vibes.

The words need to be inspirational - YES! I Can!

And the words need to be sort of mantra-like, so when you see them every day hanging on your bedroom wall – or your kitchen or living room wall – or even in front of the toilet! – but when you see them the words become a friendly welcoming mantra-like song that your mind will keep repeating throughout the day – mostly unconsciously. Like a good song that gets stuck in your head. So, try to step out of the intellectual side of the brain when choosing your words and into the creative side.

*Thank you for downloading free worksheets from:* <http://www.PersonalDevelopmentInsights.com> & [www.FreePersonalDevelopmentWorksheets.com](http://www.FreePersonalDevelopmentWorksheets.com)

Symbols are good too – know of any good symbols that inspire you?

What about people? Who inspires you? Do you want to be a high-level speaker? Who is famous that does that already?

Get pictures of your holiday destination. You can walk into a tour company and say that you want a brochure of your chosen destination and then use those images in your collage.

If you want a cupboard full of chocolate – plaster your vision board with all the yummy flavours you can think of.

If you want to lose weight, get fit & healthy – gather images that will inspire you. Perhaps a picture of a fit man or woman and then put your face on the body. Make sure you are smiling and happy!

What about happiness? Do you want to add a bit of extra happiness during your day? Relieve some of that tension and stress. Add words such as JOY, FASCINATION & GIGGLE, EASE & PEACE, RELAX. Choose pictures that invoke those feelings.

You can even choose romance. If you're keen to have a bit of romance in your life be sure to think about all the details of that relationship. Do you want the old pattern you? Or do you want a new pattern? Would you like someone with issues? Or would you like the relationship to be loving, kind and respectful? Once you've decided choose your images and pictures accordingly.

Whatever energy you are generating each day is what you're creating in your life. Sometimes it's an automatic creation and happens instantly, and other times it takes a bit of time to manifest. The idea with a vision board is that it will help to program your unconscious mind and the conscious mind to think and feel a certain way to create the energy vibe you want throughout your being – which will magnetise what you desire.

The most important thing about creating a vision board is to have fun.

Enjoy!

## How to Make a Vision Board

#1 Get a large piece of paper and different types of creative instruments such as coloured markers, old magazines for pictures, crayons, pastels, paint, stickers, sparkles, and so on. You will also need glue.

#2 Write a list of all the things you want to improve in your life. Include things that you want to add and remove. Consider what you are feeling stuck and frustrated now with AND what you would like to see yourself doing in ten years. Think about what you desire the most – the big and little things. Do you want a new car? Career satisfaction? A relationship?

#3 Collect (cut out) pictures and words that symbolise the items on your list. You could use magazines, newspapers and the internet to find words and pictures.

#4 Layout your pictures and words and glue them onto the large piece of paper in way that invokes hope and inspiration (for you). You'll know when this happens when you look at your vision board with pride and an uplifting energised feeling.

#5 Hang up your vision board where you see it every day. You could hang it up in your bedroom so you see it when you first wake up. Or you could hang it in your living room or kitchen. At first you'll see it consciously every day, but then it'll become part of the "décor" and that's okay. I once hung up the words, "Life is Always Fascinating and Joyful" and even though I didn't notice the words after a while I was fascinated and joyful.

**\*\*TIP:** Google "Vision Boards" (in images) for inspiration. :)