

CREATE A VISION BOARD

It's time to get creative! This activity will require thoughts for the future, scissors, glue, and anything crafty that is going to help you feel inspired!

At the start of this process you set out your goals, which we know requires hard work. Having a clear vision and confidence in your ability to turn that vision into action is crucial. Vision boards are a powerful tool to cultivate focus by using a collection of images or objects arranged in a way to help you to envision your goals.

Before we begin, let's explore the benefits of a vision board so you know why you're creating it:

- They remind us of our **intention** to **maintain focus** during challenging or distracting times.
- They **clarify** our goal and provide **clear direction**.
- They act as a **constant reminder** of our priorities.
- They allow us to **visualise success** and **foster belief** in our potential and capabilities.

So, how do you create your vision board?

Step 1: Take some time to clarify your vision.

- Don't rush this step and remove distractions like the TV. This is the foundation of your board, so don't worry if it's not detailed yet. As you develop your board, your vision will expand and more clarity will occur.

Step 2: Gather your materials.

- Where will it exist? You can make a physical board using cardboard, a whiteboard, or a corkboard. If you want to create it digitally, bring up an online editor or a simple slide on PowerPoint will do!
- If you're doing a physical board, gather together pictures and magazines to cut out. You'll also want some scissors and glue for cutting and sticking.

Step 3: Find images and objects that represent your vision.

- Find pictures that represent your goals. This could be images online or pictures from your life - whatever motivates you the most.

Step 4: Arrange your materials.

- Enhance your vision board with printed or handwritten quotes, incorporate meaningful items associated with memories, and even add craft materials or natural elements that align with your goals.

Step 5: Place your vision board where you'll see it often.

- Position your vision board in a prominent location that you encounter daily, serving as a tangible and constant reminder of your purpose, especially during challenging times, reinforcing the significance of your journey.

When crafting your vision board, leave space for evolving goals, recognising personal growth. Ensure its effectiveness by not only visualising but also taking tangible actions - making a vision board is great but you need to make sure you are working towards your goals as well as planning them out. Finally, give your vision board a periodic refresh to ensure it aligns with your changing passions and aspirations.