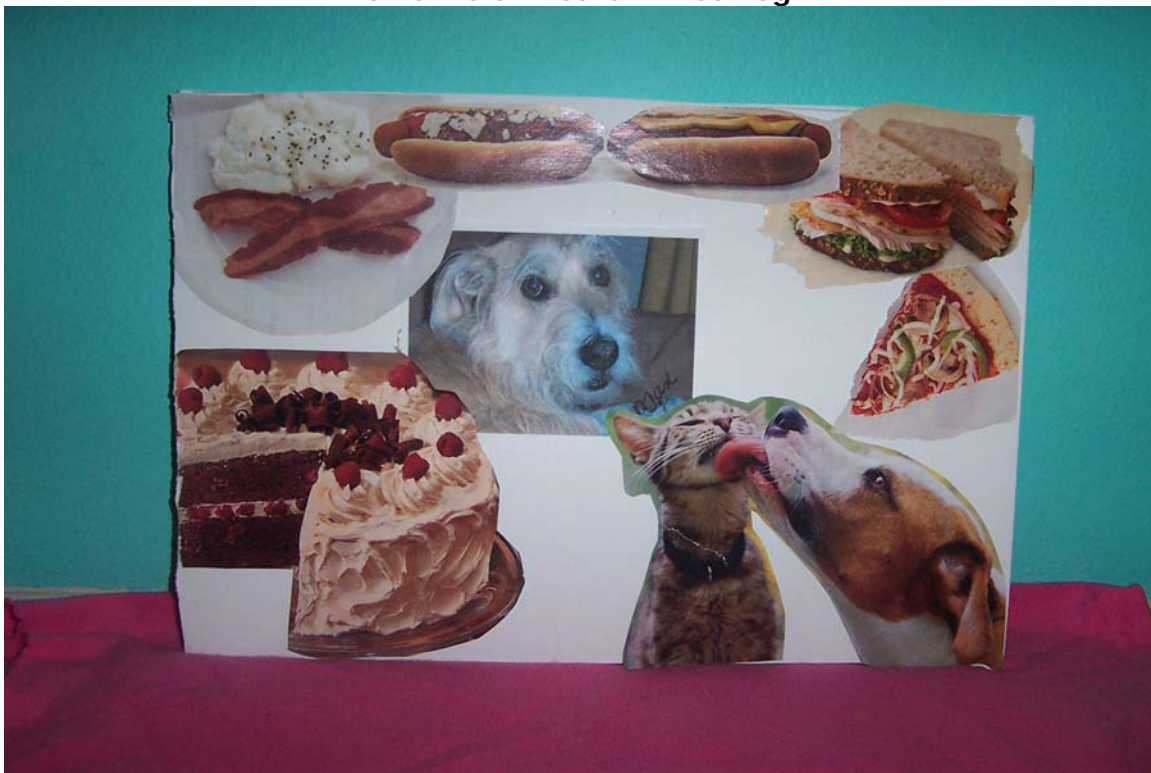


"Imagination is the beginning of creation.
You imagine what you desire,
You will what you imagine
and at last you create what you will."
George Bernard Shaw

How to Create Your Own Vision Board

Tips & Tricks: How to Process Your Vision Board

Max's Vision Board: "Hot Dog"



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How to Create Your Own Vision Board

You know that old saying “Be careful what you wish for”. Well, **BE CAREFUL WHAT YOU PUT ON YOUR VISION BOARD!** I once put a picture of a pizza on my board to remind me to “stay away from fatty, high caloric food” and you can guess what happened. No, it wasn’t a desire to be a pizza delivery girl. . . .

Visions boards make the unconscious conscious, make vague “senses”, desires or aspirations concrete. So five pounds later I covered the pizza picture with an apple. Now I was on a roll! Apple pie, apple fritters, apple pancake. You’d be amazed at how many ways there are to eat an apple.

When creating your vision board use images that are desirable, positive, useful, helpful. The powerful premise is that **we find what we look for, we create what we hold in our mind’s eye. Our perception of the world creates our beliefs & experiences.**

Here’s how you create your vision

Vision Boards are composed of pictures cut or torn out of magazines & newspapers and/or photographs that are pasted on a large sheet of tag board, mat board or foam core. Because it is important to see the board every day it is advisable to use a sturdy backing that you can hang or prop up.

Materials:

Magazines, newspapers, photographs
Mat board, tag board or foam core board, at least 20” x 15”
Glue stick
Crayons, pastels, paint or markers
Optional: Modge Podge to cover the finished board

How to:

1. Cut out pictures that “speak” to you, or grab your attention. Use your intuition, not your logic.

(Although there is no right or wrong way to do a Vision Board it is usually more powerful not to use words on the board. Words stimulate the thinking, logical part of the mind whereas images stimulate the unconscious and emotions. Writing about the images can certainly enhance the process and can be done after the board is complete).

2. Place your pictures on the board, spontaneously.
3. Past your pictures down when you are satisfied with the placement.
4. Color in all the white space on the board with markers, paint, crayon or oil pastel for a completed, cohesive board.
5. Place your vision board in a place where you can see it every day to attract what you want into your life.

There’s no limit to your imagination or the focus of your Vision Board.

Tips & Tricks: How to Process Your Vision Board

- 1. Place your vision board in a place you can see it everyday.** I've got mine propped up in the bathroom where I see it first thing in the morning and last thing at night (and sometimes during the day. . . .) Now if your bathroom is a bit fancier than mine and you don't want your vision board to clash with your hand towels you might place it over your desk or hang it on a wall.
- 2. Find elements** – color, themes, symbols – that repeat or are clustered on your board. Intuitively guess how they are related and what they might mean that you weren't consciously aware of when you were creating your board.
- 3. Look at the placement of pictures:** sometimes the most important are at the top (things to strive for); sometimes at the bottom (things that ground you); what's in the middle? (the center of it all); is there an underlying theme, or separate unconnected elements? (how does that reflect your present life?).
- 4. Journal "stream of consciousness: "I envision. . . ."**
Focus on your board, then write non-stop, do NOT pay attention to spelling, punctuation or grammar. Just write without stopping for at least 15 minutes. Then read what you wrote out-loud. You might be surprised!
- 5. Keep your eyes & ears open for "supporting signs"** that you are on the right path. Write those down OR if the "signs" are concrete objects collect them!

Have fun! There are unlimited combinations and possibilities and they ALL UNCONSCIOUSLY relate to your Vision for the year and how it unfolds.