Create Your Own Vision Board

The Basics:

A vision board is another tool we can use to support ourselves. It's a visual representation of our dreams, goals, and what we are setting out to create. Think of this as an exercise of tuning into your intuition.

This practice is an incredible starting place for those big chapter changes in your life. That could be a new job, a marriage, becoming a parent, a new year, or (my personal favorite) beginning a new creative project.

It's a way that we can get our subconscious and conscious mind in alignment so we can make our dreams a reality.

6 Simple Steps:

There are many different approaches to this process. You can follow along with these steps or create your own. Feel into if you'd like to hone in on 1 image that sums everything up and do a smaller vision board or do a larger one with a collage of images. They're both very powerful options.

1. **Come into your body** - when you create from your body instead of your head you will be more in alignment with your creative soul and the deeper truth of your desires
2. **Journal about the perfect day** - dream big Where are you? What are you doing? Who are you with?
3. **Make a list of the emotions** you feel during your perfect day by going back through what you wrote. Emotions are the language of the subconscious
4. **Cut out images from magazines** that have the same energy of what you just wrote down. (see list of optional visuals on this page and/or add your own)
5. **Glue everything down** (sometimes I like to write everything down on the back first)
6. **Find a spot in your house to display your board**. When things happen that match up with your board you can say, "*Thank you universe I'll take more of that.*"

MATERIALS YOU NEED:
- journal
- glue and tape
- scissors and/or an exacto knife
- magazines
- poster paper or foam core

VISUALS YOU CAN INCLUDE:

☐ magazine images to match the emotions

☐ 1 central image of a person embodying the energy you're moving towards

☐ A word or phrase for the year ahead