

Create a Vision Board

A vision board is a fantastic way to dig deep into your soul to pull out what's important to you in your life. What are your dreams? What dreams did you have as a child? What's on your bucket list? All these questions can be answered by creating a vision board.

To create a traditional vision board, purchase a poster board and gather old magazines that you don't mind cutting. Flip through each magazine and cut out the pictures that mean something to you or deeply attract your attention; either a goal you want to reach, a physical product you'd love to own, or a place you'd love to travel to.

Even if you don't have a specific goal or dream in mind, choose photos that tug at your soul or that you simply find beautiful. There's a reason your subconscious is showing each photo to you. There are no limits here! You might be attracted to words, phrases or quotes you read. Cut those out, too.

You could also complete this project on a journal page or create a screen saver.

If you prefer to do this project online, there are plenty of free photo directories where you can copy photos onto your digital vision board. Again, search for things/goals/places/people that mean something to you.

Depending on how large your poster board is, you might need to go through your cut-outs and narrow down your selections to complete your project. Sit with each cut-out for a moment and see what feelings they evoke. You only want to include inspiring, uplifting and soul-reaching images. You could create 2 vision boards.

Once you glue your images in place, find a space to hang your vision board so you'll see it and reflect on it every day. Having a visual representation of your dreams will motivate you to work hard to reach your goals.

Some people like to put their vision boards away somewhere like in the back of a closet. Some have found that the activity itself ingrains the dreams and aspirations in their minds, and they love the surprise one day down the road of discovering their hidden vision board and realizing that their dreams came true in one way or another.

It's up to you.

Journal about how you felt making the vision board. Are you in a different space now that you have your board created? Write about it.