

Creating Your Vision Board

1. Collect a series of source images: magazines, postcards, books, print-outs that hold elements or things you dream of for your ideal life and destination. Such as:

- Where you'd like to live
- holidays you'd like to have
- how much money you are earning
- your ideal work environment
- the people you are surrounded by



2. Cut out each image carefully around the edges so you can layer and fit elements together accordingly

INCLUDE TEXT ELEMENTS TOO

- images speak to the right side of the brain - symbolic & emotional
- text speaks to the left side of the brain - rationale & logic
- this exercise re-sets the subconscious & gives our mind a 'destination'
- cut words from magazines, or type & print them to include on your board
- clarity = success

3. Put your vision-board where you can see it on a daily basis!



- Here's a snippet of my own Vision Board

- I chose images from the net & printed them out

- Have fun and enjoy this exercise

- Think about the feelings you want to have too!