

What is a Vision Board?



A vision board is simply a board of any size, which has pictures, words and other items collaged onto it.

The purpose is to create a picture or vision of what you want to bring into your life; this could be where you'd like to visit or live, changes to your existing environment or life, who you want to become and what you want your life to be like.

Vision Boards are also known as Treasure Maps, Goal Boards and Dream Boards and by giving the thoughts and images attention, we are working with the Law of Attraction to manifest them into our lives.

The images help program the reticular activating system which is the filtering system of our brains, to tune us into external stimuli which helps us move closer to our intention. It's a little like a radio signal that we trigger our brains to tune into, to help us get closer to the areas which we have intentionally mapped out on our boards. You can also use a journal to work through all the items or to continue collecting images and words towards your vision.

By keeping those images close to us, visible everyday, we are focusing our attention to any opportunities that arise that are linked to those. Visuals are powerful as they tap into your subconscious more than words do. I really like to use a combination of visuals and words as the words will also help increase the emotional response.

When and How to Create a Vision Board



Vision boards or Dream boards can be created throughout the year for different reasons and different methods for creating one can also be used.

January is a great time to create a vision for the year ahead and Dreamboards between the new and full moon are also a very open time to manifest new hopes and dreams as the year progresses.

What is a Vision Board?

Materials you will need to create a vision board

- Thick card or poster board of any size.
- Magazines of all kinds (you never know where your visions will be found)
- Glue – I like to use acrylic medium which is what I use in my mixed media creations – you can also use elmers or a regular glue stick.
- White sage and a candle (optional)
- Your favorite music – something restful to help your mind be quiet and open.

Before you begin – Take part in a ritual to get grounded and prepared

- Put on your favorite music
- Burn some white sage for purification in the air and to create a clear environment.
- Close your eyes and ask what you would like to invite into your life. Set the intent for the activity.



Steps to creating your vision board

- 1) Go through your magazines and start collecting images and words that resonate with you (don't glue anything yet!). Don't rush, this is a powerful exercise to attract your visions.
- 2) Start to go through your images and lay them out on your board. This is highly intuitive part of the exercise so feel free to move them about, take out ones that no longer feel right, you may see a theme starting to emerge.
- 3) Firstly paste a photo of yourself, smiling happily to show the expression when all these things come true in your life.
- 4) When you are ready, start to glue your images and words onto the board. You can also draw and add additional words yourself as you build your imagery.

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- 5) When you feel like you have completed your board, hang it somewhere prominent for you to see everyday.

There's no right or wrong way here, just go with your instincts and be open – this is the most important thing. You may be surprised with what comes out!

Types of Vision Boards

The three main types of visions boards:

1) The Inviting, allowing and opening Vision Board

Create this vision board if...

- You are not sure what you want yet
- You need to lift your spirits after a time of feeling down
- You know you want to make a change but just not sure how

How to create your board:

- Start to go through your magazines and simply tear out images that speak to you, don't ask why yet, just continue to collect the images and words. Once you are done with collecting these, look through and ask yourself what this image or word might mean for you. If you are not 100% sure, but really like the image or word that's okay, still put it onto your board, the answer will present itself soon enough. At my "Intention Brunch" some of the participants have no idea what they want and even have re-started a vision board as they thought they knew and it just didn't feel right.

2) "I know what I want to invite into my life" vision board

Create this vision board if....

- You know what you want to invite into your life
- There are clear things you want to manifest in your life
- You want to change your current situation, environment and surroundings

How to create your board:

- Go through your magazine and look specifically for images and words you know you want to manifest or bring into your life. i.e. I wish to live in the country and have a veggie garden – look for images of vegetables, countryside and all things relevant.

3) The themed vision board

Create this vision board if:

- There is a particular area of your life you are looking to work on – your career, health etc
- A significant event like planning a wedding, party or holiday

How to create your board:

- As above, go through and choose images and words aligned with your theme.