MAKE A VISION BOARD

CLARETY

1 Vision board power

The power of Vision Boarding has been around for ages and it is still one of the most important first steps in your goal-setting process. Remember that your brain's reticular activation system (RAS) is continually focusing on what is important to you. It is the goal-seeking part of your brain and when we consistently see our vision of our future in front of us on a daily basis it keeps us focused and engaged on our outcome

2 Ingredients

Poster Board/Cork Board/Compute Magazines/Glue stick/Scissors Printer Coloured pens Photo of you (can be headshot only) Photo of your significant others

3 Environment

Set aside 2 hours to complete your vision board. Have great music playing and your favourite tea ready. Sit on the floor – it's time to get creative!

4 Envision

Close your eyes. Take 6 deep breaths and relax. Now go out into your future and see this year as you desire it to be. Take time to focus on your health, your relationships, your business, your finances, your environment and your holidays.
Ensure you are seeing them the way you desire them to be. See yourself achieving these outcomes. Notice the words you have in your mind that describe what you see.
Open your eyes and write down the words.

5 Create

Open the magazines (or Pinterest) and find images of what you envisioned.
Paste/Pin/Copy them onto your board. Add: Holidays, houses, home interiors, cars, activities...
Find words and affirmations that inspire you and add them to the board.
Put the current year on your board too!

6 Example

Health: Find a photo of someone with your ideal physique and attach your head to their body. Finances: Print out your bank statement and white out your current amount and current date and add your desired bank balance and future date.
Relationship: Find a photo of yourself where you were really happy. Put that image in the middle of the vision board.
You can also create a Digital Vision Board: picmonkey.com, mindmovies.com