

# Vision Board Activity

## What is a vision board?

A vision board is a board in which you can attach images that represent your goals and desires. Vision boards are effective because if you visualize your dreams and goals you are more likely to achieve them. A vision board can help motivate you to stay focused on your goals. You can complete your vision board with friends or by yourself, either way it is a great way to turn your vision into reality.

## Types of Different Boards:

### *Dream Big Board*

This board is for those that have a specific thing you want to manifest in your life. You may want a specific car, a certain house or go to a certain place for vacation. Try to find images of exact things you would like to obtain or goals you would like to accomplish.

Questions to ask yourself:

1. What specific thing/goal do I want to accomplish?
2. What images or words can portray my vision?

### *Themed Board*

This board is for those that want to focus on a specific event, year or particular period of your life. For example a summer vacation, a certain year or your birthday. This board is very specific to this area in your life.

Questions to ask yourself:

1. What area in my life do I want to display?
2. What things/goals do I need to display to achieve this goal?

### *Positive Vision Board*

This board is for those that want to surround themselves with things they like or things that make them happy. This board can help you understand your passion and teach you more about yourself.

Questions to ask yourself:

1. What are a few words that describe me?
2. What things/feelings make me happy?

## Steps to Creating Your Vision Board

### Items needed:

- Poster Board
- Variety of Magazines
- Paper and pen
- Additional images or photos
- Glue stick (or tape)

**1. Decide on the theme of your board.** Review the 3 different themes listed and decide which one you would like to complete. Feel free to combine themes if you would like to for your board.

**2. Make your list.** Now that you have a theme in mind, take the time to jot down a quick list of things you would like to glue onto your board.

**3. Search and cut.** Take all the magazines and photos you gathered and search for images that represent the items on your list. You may come across a few images that will remind you of things you forgot to jot down. Remember to be creative. You may not find the exact image but you can improvise an image to represent one of your goals.

**4. Arrange your images.** Now that you have searched and cut out your images, it is time to arrange them on your board. This step takes me a few tries to get my board just the way I want it.

**5. Glue it down.** Once you completed the layout you can take your glue stick or tape and paste the images onto your board.

**6. Display your board.** It is important to see your board often to keep you on track towards your goals. I put my board on a wall in the bathroom to see it daily. You could put your board in your bedroom or at the office.

**7. Action Plan.** Last but not least is your action plan. Jot down action items you plan to take to make this vision board a reality.

### Different options:

There are many different options of creating a vision board. If you are a little techier, then you should download [Vision Board Deluxe](#) by Happy Tapper. You could also get a small scrapbook and create a portable vision book to carry along with you each day.