

Creating a Vision Board



What is a Vision Board?

A vision board is a collage of pictures, quotes, and other visual images that describe the goals, dreams, and hopes you want to achieve.

What are the benefits of a Vision Board?

1. Serves as a great reminder of what you want
2. Motivates you to take action to achieve your goals
3. Gives you something to focus on every day
4. Makes your dreams clear
5. Makes you more creative and relaxed
6. Makes you positive and happy



Creating Your Vision Board

1. Be specific about your vision: Take your time, relax, and imagine what you would like to accomplish this year.
2. Use SMART Goals (Specific, Measurable, Achievable, Relevant, and Time-based).
3. Organize your pictures and quotes according to your goals. Choose positive quotes.
4. Lay it all in front of you.
5. You set the mood. Bring positivity and your favorite music.
6. Use a journal to make notes about what inspires you.

What You Will Need

Most items can be found in the home or your local dollar store.

1. Magazines: fashion, family, finance, home, travel, hobbies, pets, education, health/wellness, and nature
2. Poster board, white board, cork board, or cardboard
3. Construction paper
4. Glue, glue sticks, or tape
5. Markers with bold tips
6. Scissors

Vision Board Outline Sample

Family/Relationship Goals

Have meals together twice a week.



Career Goals

Start your own business.



Health & Wellness Goals

Exercise three days a week.



Positive Affirmations

My challenges help me grow.



Education Goals

Take a certification course.



Travel Goals

Go to one tourist attraction in your town every month.



Financial Goals

Take a free finance class.



Spiritual/Religious Goals

Meditate, pray, or practice daily affirmations.



For more information or to file a grievance, please contact:

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