



How to Create a Vision Board that Inspires You

Visions boards are not a new concept. They have been around forever and help people make their dreams become a reality. This is not just a "foo-foo", manifesting activity for those sipping on magic tea and living in la-la-land. The main purpose is really to build clarity and focus. There are experts who will argue that vision boards work and experts that who argue that they don't. Either way, we are all responsible for our beliefs, our decisions, and ultimately, our destiny!

I have used vision boards for my yearly goal-setting activity. I love it because it allows me to be creative and inspires me. I find joy in envisioning my goals, and it does keep me focused. The action of creating a vision board does not promise that we will definitely reach our desired outcome, but it does give us hope. It helps just believing there is potential for our future, and we are taking steps to put our hopes and dreams front and center.

So, my suggestion is to have fun with this. Have a date with yourself or some friends. Set the mood. Play some fun or relaxing music. Create something that you feel inspired by. Keep it simple. Be authentic. Go for Greatness.



1. Represent your wellness vision

You have a wellness vision; now let's make it come to life! Write down your wellness vision, or represent it the best you can with pictures, objects, or words. Make it bold and crystal clear. You can cut out words from a magazine, use stickers, or go with plain, old-fashioned handwriting! When you spell it out and put it before your own eyes, it suddenly becomes real. It hits us on a personal level and evokes emotion. Remember to add photos of YOU. Since this activity is all about building and creating the life that YOU want, you need to be the face of your vision. These photos have nothing to do with weight or age. - just YOU in your most complete state of being.

2. Write out your SMART goals

You are on the fast track to making your dreams come true. Now that you know what you want, why you want it, and have created an action plan, you need to put your goal statements on paper. Writing your goal statements make it all the more real. An example would be : I will exercise three times every week, or I will drink one glass of water before I make my coffee. Sure, you can add photos here too (because after all, this is a vision board, so making it visually appealing is a key element!), but writing it out gives it power and makes that goal stick. Reading it everyday will cement it into your brain.

3. Add inspiration

Find a quote, symbol, word, or photo that inspires you and represents your goal. Remember, this helps us keep focused on what we want and allows us to see our goal clearly.

4. Add affirmations

Affirmations typically start with "I will," "I can," and "I am." These are what you will need to see or hear on tough days. Positive affirmations reprogram your thought patterns and rid your self-conscious mind of self-limiting beliefs.

Some examples are: I am strong; I will conquer; I can do this.

5. Be authentic

Make your vision board your own. It must feel like YOU. Add your own style and flare! You want something that makes you feel good and that brings YOU joy when you look at it. If your vision board puts a smile of your face and sparks some motivation, then you have created something spectacular just for YOU.

Example of my vision board

