

A vision board is a powerful visualization tool that you can use as inspiration for your journey toward your ideal life.

Some people refer to it as a “dream board” or an “inspiration board.” No matter what you call it, it’s basically a collage of pictures, words and quotes that serve to remind you of your passion and purpose.

You don’t have to be an artist to make a vision board! All you need are a few basic supplies and instructions to get started.

You’ll need:

- a poster board, cork board or small canvas
 - a stack of old magazines
 - scissors
 - markers or paint
- glue, tape, thumbtacks or pins
- a photo of yourself (optional)

STEP 1:

Set aside about an hour to complete your vision board. Go to a quiet space in your home where you can concentrate on yourself for a little while.

STEP 2:

Create a relaxing atmosphere. Put on inspiring or upbeat music. Close your eyes and take a moment to reflect on your big goals and dreams. What do you want your ideal life to look like? This also may be a time when you get a group of Like minded friends together to create an INTENTION for your LIFE.

STEP 3:

Cut out images from magazines that represent the life you want to live. For example, if you want to become a fashion designer, you might clip photos of models wearing designer clothing on the runway. If you want to find a great romantic partner, you might snip pictures of happy couples smiling at each other.

STEP 4:

Place the photo of yourself in the middle of the board (optional). Then, paste or pin your magazine images on your board. There's no "right way" to arrange your images. You can fill the board with pictures or just have a few posted all over on the board. Note - see our Feng shui map that indicates WHERE to place your images or words to add STRENGTH to the manifestation of results.

STEP 5:

Use your markers or paint to write your Personal MISSION statement or other favorite quotes onto your vision board. You can also just cut out words or phrases from the magazines to paste on your board that remind you of the life you want to live.

STEP 6:

Display your vision board somewhere you'll see it every day and feel inspired! If you like, you can also frame your vision board and hang it on your wall.