



## What is a Vision Board?

A vision board (also called a Treasure Map or Creativity Collage) is a poster board on which you paste or collage images that you've torn out from various magazines. It's simple. The goal is to surround yourself with images that represent your dreams, goals, etc.

Supplies you'll need for creating a Vision Board:

- Poster board. (Target sells a really nice matte finish board. I highly recommend it.)
- A big stack of different magazines, photos, postcards, etc.
- Glue

### Steps of Creating a Vision Board:

**Step 1:** Go through your magazines, photos, etc and use the images from them. You can also pulling out words or headlines that appeal to you. Have fun with it. Make a big pile of images and phrases and words.

**Step 2:** Go through the images and begin to lay your favorites on the board. As you lay the pictures on the board, you'll get a sense how the board should be laid out. For instance, you might assign a theme to each corner of the board. (Health/Wellness, Career, Spirituality, Relationships, Life Balance). Or it may want the images want to go all over the place. It's your vision board so you create it in a way that feels right for you.

**Step 3:** Glue everything onto the board. You can add writing, paint on it, or write words with markers.

**Step 4:** (my personal fav) Leave space in the very center of the vision board for a fantastic photo of yourself where you look radiant and happy. Paste yourself in the center of your board.

**Step 5:** Hang your vision board in a place where you will see it often.

The key is to have fun. Invite friends and host a vision board party. Make your children a part of it. The key is to have fun and catch the vision you have for your life!

Happy vision boarding!