
One Family's Simple Steps for Making a Vision Board

- Step 1)** Talk with someone or sit with yourself, get calm and present.
- Get an idea of what it is you are wanting to vision for the future.
 - What are your dreams, goals, desired situation or even just a perfect day?
- Step 2)** Pick one you are most wanting to vision for to be the theme of your Vision Board.
- Step 3)** Gather tools and supplies:
- Magazines, photos, brochures, etc. or print images from online
 - Bristol board, cork board, a canvas or large piece of cardboard
 - Glue, glue stick or tape
 - Scissors, scrapbooking cutting tools if available
- Step 4)** Look through your pile and find pictures and words/phrases related to your Vision that awaken your heart. Choose pictures that offer the FEELING of what you desire.
- Step 5)** Place your photos on the board, starting with the larger ones and arranging/rearranging until they feel right to you. Take a photo of it to help with placement while attaching pictures/words.
- Step 6)** Glue or tape the photos, starting with the background ones if you have a lot.
- Step 7)** Place your Vision Board somewhere that you will see it often: fridge, wall, screen saver, door, etc.

View your Vision Board often!

Show it to others and share your vision.

Connect often to the feeling of what you are desiring so you train your brain to stay positive and focus on your desires and next steps/actions needed.

Your positive thoughts will help you see more clearly when possibilities come your way!



Link to an on-line site that you may find helpful for creating your own vision board.

<https://famleeeoffour.com/how-to-create-a-vision-board-online-for-free/>