

Guide for Creating a Vision Board

Definition: A **dream board** or **vision board** is a collage of images, pictures, affirmations and quotes related to your hopes, dreams, goals and desires, designed to serve as a source of inspiration and motivation.

Dreaming is something you are created to do – it's life-giving and essential for creating and re-creating your life.

The **power of vision:** It brings your world into focus and brings order to chaos. A clear **vision** enables you to see everything differently. Your dream will motivate you, even in the most routine of activities.

Whatever you **focus on** will become magnified in your eyes! That focal point will inform your thoughts, feelings, beliefs, and actions.

We all have goals we want to reach for. One of my mentors in coaching, **Dan Miller**, says this about goals:

A goal is a dream with a timeline attached.

Dan Miller also inspired me with this one: "Success is never an accident. It typically starts as imagination, becomes a dream, stimulates a goal, grows into a plan of action - which then inevitably meets with opportunity. Don't get stuck along the way."

I agree with him. Rather than just jumping into goal setting, I believe that we need to dream first, then put a timeline on our dreams, then stay the course. Our dreams are the rocket fuel that power our actions. We aim, then course correct as things unfold.

The greatest motivator of all is your **relationships**. Proverbs 11:25 says, **“The generous man is a source of blessing and shall be prosperous and enriched, And he who waters will himself be watered, reaping the generosity he has sown.”** The care and concern we have for others will make all the difference when it comes to attaining our hopes and dreams. And when we help others do their dreams, they in turn will help us do ours.

Another coach (Isaac Wambua) recently inspired me with this thought: “If you want to plan your goals, start with the future and connect the dots backward.”

If you have created a Personal Mission Statement, you may use that as the centerpiece for your vision board. Or it may be your Word for the year. Create something that is most meaningful for you! **Dream big, then act!**

Here are some ideas for vision boards. Choose one and display it somewhere you will look at regularly throughout the year:

- 1.) Use the Wheel of Life to organize areas of your life into sections.
- 2.) Use a tri-fold poster board, single poster board, cork board, magnetic board, etc. Print or find photos and quotes of what your dreams are. You can even photo-shop yourself into those pictures! (Canva.com is great for this!)
- 3.) Another option is to use Pinterest as a board to pin those photos to – easy to find photos that beautifully represent your dreams or create your own.
- 4.) Use a life metaphor that is significant for you as the image you build your vision board on. Example: Mountains were significant for one of my clients. She did a trifold with a mountain as the centerpiece. She placed the pictures of her dreams on the crags on the sides of the mountain, and the grand finale photo at the top. One woman used a star in the same way.
- 5.) Make it a work of art that you can display on your wall – e.g. fabric covered cork board that you can pin photos to with the fabric border showing. One client made a wooden wall hanging in his garage woodworking shop. He arranged all the significant images symmetrically around the board & put his family crest in the middle.
- 6.) There are online programs for vision boarding but I haven't found any that I liked. One man used one that he owned the software for that he used for business. He created a really good one then printed & laminated it to post on his wall.
- 7.) One man had an artist sketch his in the same style as the artwork in the book Pilgrims Progress. One man used a color-coded mind map.
- 8.) Another man used a series of connected gears with photos from all the areas of life on the gears. One gear effected the next and the next – when all were rolling, the effect was powerful.
- 9.) Enjoy creating it and keep it somewhere you will look at it regularly!

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