

How to make a vision board

A well-designed vision board contains visual and emotional elements.

Your subconscious mind works in pictures and images, so make your board as visual as possible, supplemented with words. Each image needs to evoke an emotional response in you, so you feel excited and happy just by looking at it.

'I find it fascinating that most people plan their vacation with better care than they plan their lives. Perhaps that is because escape is easier than change.'

Jim Rohn

7 steps to an effective vision board

- 1 Pick your method**
(3 types of vision board worksheet)
- 2 Choose your images**
The fun bit.
- 3 Refine and review**
Only keep images that evoke a positive emotional response in you.
- 4 Place images in 7 areas on board**
Family & Relationships, Health, Career, Finance, Holidays & Adventures, Spirituality and Self & Purpose.
- 5 Talk to your subconscious**
Add words, dates and figures. Use the **DRU SMARTER** model. Be very, very specific!
- 6 Make the magic happen**
Place your board where you will see it frequently.
- 7 Never give up**
Everything has its time!

7 common mistakes

- 1 Too many pictures**
Less is more.
- 2 Not being clear what you want**
Only put on your vision board that which you clearly wish to manifest.
- 3 Lack of association**
Images that create a positive emotional response in you are the key.
- 4 Not looking at your board enough**
Look at your board 3 times a day and carry a small version with you.
- 5 Internal blocking**
Believe that you 'deserve' to receive everything you place on your board.
- 6 No action plan**
Activate your vision board with inspired, aligned action!
- 7 Not being honest**
Create a vision board that is truly what you want.

Three types of vision board

1 'I know exactly what I want' vision board

You are very clear about what you want to achieve, create and change.

2 'I want a change but I'm not sure exactly what I want' vision board

You are not sure exactly what to vision to make you feel happy, secure and content.

3 'The short, sweet, specific' vision board

There's one area of your life that you really want to focus on and work with eg, career, relationship.

You can use a combination of all three models.

How and why do vision boards work?

1 PRACTICAL

Keeps your goals visible so you are more likely to make decisions that support your purpose.

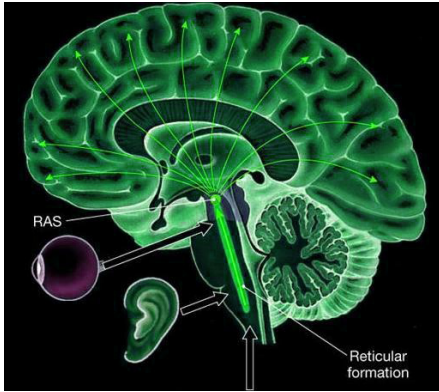
2 SCIENTIFIC

Connects with your subconscious mind.

3 METAPHYSICAL

Acts as an email to the universe.

The Reticular Activating System (RAS)



The human brain can handle up to 100 trillion bits of information at any given time. But how on earth does it know what is important and what to ignore? One answer... your RAS.

Use this page to note down key points on why creating a vision board is the best way to programme your RAS.

Vision board template

Use this basic template to structure your vision board and position your chosen images and words.

Place an image of yourself looking really happy, or a representation of yourself, in the centre.

'Every fact is a dream made visible, so... live as though your dream were already a fact! Every dream you dare to live in the now will gradually and unnoticed blossom into fact in your life.'

Neville Goddard.

