

# Bring Your Dreams to Life With a Vision Board

A vision board makes sure you never lose sight of your dreams. Keep these tips in mind as you create yours!

## What is a vision board?

A collection of pictures and images that inspire you to make your dreams a reality.

## A good vision board could show your...

- Dream job
- Dream vacation
- Family goals
- Career goals
- Personal aspirations
- Health and exercise goals

## Actively seeing these dreams is a regular reminder of what you are working to achieve.

Avoid images that discourage you, or make you feel like you're not good enough. These should inspire you, not take you down!

## The Raw Materials —

choose a canvas to place the photos on.



Blank poster board



Large sheet of paper or cardstock



Cork board



Blank art book



Scrapbook



Desktop screensaver



## Find your pictures.



Scan through magazines, newspapers, Google Images and social media (Pinterest and Instagram are great starts) for inspiring images. You might even include fun retail tags, business cards, personal photos — the possibilities are as endless as your dreams.

## Keep it where you'll see it!

Hang it near your desk at work or on your bedroom or living room wall.

- If you'd rather pull the vision board (or vision book) out at certain times, figure out an easy-access space where it won't get lost or damaged.
- Not crafty? Find inspiring pictures to keep as your computer screensaver!

**Remember, your board is a great source of motivation when you're feeling discouraged in work or life.**