

MINDSET TOOLS

CREATING YOUR VISION BOARD

TURN YOUR VISION INTO REALITY

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WELCOME

We are encouraged to dream, but as we scroll through other people's pictures, we can get sidetracked and start thinking we want exactly the same things.

A vision board helps you refocus on your own life and dreams. *What do you really want?* Creating a vision board can help you turn vague dreams into a clear vision and, ultimately, action. But first, give yourself permission to dream about what you truly want.

YOU WILL NEED:

Some sheets or a notebook and a pen.

For a physical board: A notebook, magazines, scissors, glue and card.

For a digital board: Canva, Pinterest and photos from your phone.

STEP 1: DREAM

Grab a notebook or a piece of paper and a pen.

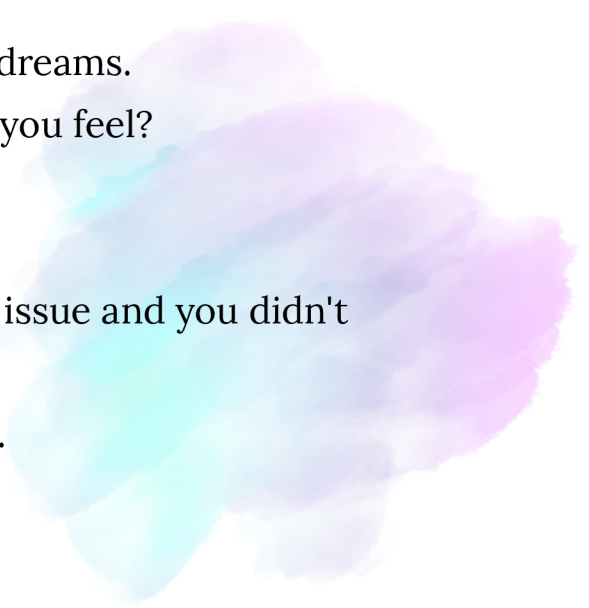
Reflect on what you really want

Imagine you had the life of your dreams.

- What would your days look like? How would you feel?
- What would you love to experience?
- What have you been putting off?
- What would you choose if money weren't an issue and you didn't have to worry about what others think?

I would love to....

I want to feel...



STEP 2: GET CLEAR

Understand what is behind the goal. “*I want to travel more*” may actually mean craving freedom or novelty. “*I want a new job*” may indicate a desire for a more fulfilling career.

Make a note of any words and ideas that keep coming up while you explore areas of your life that you would like to improve. Use them to write your important goals and describe your dream life.

For example: *I have more freedom to explore the world. I have the best job ever, that allows me to connect with people...*

Choose 3 to 5 focus areas, such as career, money, health, relationships, home, travel, creativity or personal growth.

My focus areas are: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____

I want my life to feel more...

STEP 3: GET INSPIRED

Choose images, words, colours and symbols that align with your vision. Include a few pictures of yourself. Don't be afraid to let your imagination run wild!



STEP 4: CREATE YOUR BOARD

Arrange your favourite images and words in whatever way feels right to you: group them by life area, build around one central dream, or simply follow your intuition.

Use these
four prompts
to guide you:

- *What I want*
- *How I want to feel*
- *Who I want to be*
- *What I'm ready to do*



A few tips

- Choose a timeframe, such as the next 12 months.
- Gather more images than you need. Don't edit just yet.
- Remove duplicates, then move things around until it feels right.
- Glue everything in place, or save your digital board.

STEP 5: ACTION TAKING

Ensure you focus on the journey as much as the destination. For example, if you dream of publishing a book, include images that represent the writing process, such as a notebook or computer, as well as the finished book.

Put your vision board somewhere you will see it daily. Spend a few minutes looking at it. Ask yourself: *What small step could I could take today to get closer to my dream life?*

Visualise yourself already where you want to be: *How will it feel?*



*A vision with no action
is only a dream.*

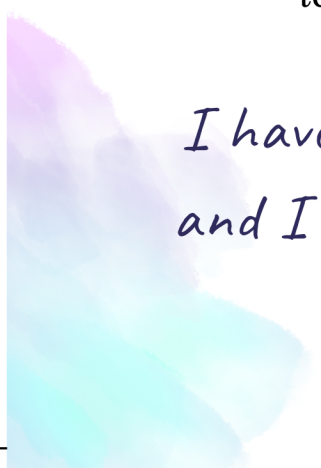
THE POWER OF AFFIRMATIONS

Affirmations are short, positive statements that reflect your values and align with your chosen mindset. The most effective ones feel believable and resonate with you.

Instead of using single words like “money” or “family” on your vision board, use empowering affirmations that align with your values and the mindset you want to cultivate. This way, whenever you look at your vision board, you can read your affirmations and reinforce the mindset that supports your goals.

How to write a powerful affirmation

- Focus on a specific area, such as money, relationships, dream job... and the change you want to bring into your life.
- Write your affirmation in the present tense.
- Refrain from using words like “I don’t”, “I am not”, “I am no longer”... Keep your wording positive.
- Make it believable and acceptable to you. Try “I am learning to...” or “I am open to...”.



I have everything I need to become a successful writer and I am open to the possibility of writing a bestseller.

THANK YOU

I hope you've enjoyed this guide and feel inspired to create a vision board that reflects what truly matters to you. Remember, your vision board is more than a collection of images. It's a reminder of the life you want to create, the values you want to honour, and the person you are becoming.

What's next?

- Keep your vision board somewhere you'll see it every day.
- Each day, take a few moments to look at it and reconnect with your vision.
- Set milestones and deadlines.
- Choose one small action you can take today to move towards your goals.
- Do regular reviews. It can be weekly or monthly depending on the goal. Use a tracker for your small actions. If you would like a ready-made tracker, you can find one in my [shop](#).

Start where you are, trust the process, and remember that small, consistent steps can lead to meaningful change.

You deserve to live the life of your dreams!

If you'd like to learn more or explore my other resources and services, you're always welcome to visit my website.

Warm wishes,



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