



Susan Chan at New Horizons Create your own Vision Board

A Vision Board (VB) is personal. It allows you to visually show your dreams and aspirations. From this you can focus on turning these dreams into reality. It allows you to identify and focus on the life that you want by collecting personal and positive images. If you regularly and consistently pay attention to the most important dreams you can use the power of your mind to turn your vision board into reality. What you focus on is where you devote energy and commitment.

Features of a Vision Board (VB)

A web search under, 'Vision Board' will show you hundreds of examples!

Remember it is personal to you. So create something that you are comfortable with.

It can be in a diary, a notebook, a poster, a mind map, the even exist in 'apps'...anything! It can easily be the size of a wall in your office!

Make it specific.

Be careful that your images re not simply a high street catalogue of consumer luxuries!

You don't create a board in isolation. You need to be in a relaxed frame of mind, and be positively optimistic.

The creation of a VB should be fun

The 'Law of Attraction' principle states that your feelings and thoughts can attract events and persuade the cosmos to work in your favour.

A VB is a set of images, photos, sketches, notes that represent you and what your life is like and where you wish it to go.

Make your VB

Visual. Use magazines, photos, doodles, affirmation statement and so on.

Emotional. So that it is uplifting and full of passion

Visible and strategically placed. So that you see it regularly and the messages reach your unconscious mind

Personal and private. Your choice but, regrettably there are people around us who may have negative feelings that can be detrimental to your vision.

It is a way of telling you and reminding you of the changes that you wish to make in your life. VB's encourage you to tell the story of your life, the way you want it to be.

Start today