



Vision Board Creation Cheat Sheet

1. Get Clear on Your Vision

Ask yourself:

- What do I want to **experience**?
- Who do I want to **become**?
- What do I want to **achieve**?
- How do I want to **feel** daily?

💡 *Tip:* Think about all areas: career, relationships, health, finances, personal growth, adventure, and spirituality.

2. Gather Your Supplies

- ✓ Poster board or corkboard
 - ✓ Scissors and glue
 - ✓ Magazines, printed images, quotes
 - ✓ Markers, stickers, washi tape (for fun flair)
 - ✓ Optional: Canva or Pinterest for digital boards
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3. Choose Your Images and Words

- Pick visuals that spark emotion.
 - Use **affirmative words** like:
"I am", "I have", "I create."
 - Focus on how you **want to feel**, not just what you want to have.
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4. Layout and Assemble

- Arrange images intuitively — no perfectionism allowed!
 - Group by themes if you want (ex: health goals together, travel dreams together).
 - Leave space for new dreams to show up throughout the year!
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5. Activate Your Board

- Place it where you'll see it daily (bedroom, office, phone wallpaper).
 - Spend a few minutes each day visualizing and feeling into your board.
 - Trust: you don't need to know how — just stay open.
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Quick Bonus Tips:

- ★ **Update** your board as your dreams evolve.
 - ★ **Celebrate** every milestone, big or small.
 - ★ **Stay playful** — this is a creative, joyful process!
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