

# What is a Vision Board

A tool used to help clarify, concentrate and maintain focus on a specific life goal. A board that displays images that represent whatever you want to be, do or have in your life.

4 things to do before creating your vision board //

GET CLEAR

REFLECT

LEAP

MEDITATE & PRAYER

**What are a few action words that describe what you want to do in 2020? What do you want more of in your life? What do you uniquely offer the people in your circle of influence?**

*Consider this 2020 Affirmation Exercise*

In 2020, I will \_\_\_\_\_, allowing me to \_\_\_\_\_. I am attracting more \_\_\_\_\_ into my own life while bringing \_\_\_\_\_ to the people around me.

**Be such a beautiful soul that people crave your vibes**

*My Example //*

In 2020, I will SHINE, encourage others and reap the success of my talents and passion for life, allowing me to INSPIRE others to live their life with purpose and intention! I am attracting more peace, balance and personal success into my own life while bringing opportunity to connect with others, BUILD CREATIVITY and create a new sense of community to the people around me.



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# How To Create Your 2020 Vision Board

## **#1. Think hard about what you want for your 2020 year.**

- What do you want your life to look like 1, 5, and/or 10 years from now?
- What do you want to accomplish, create, or do in life?
- Who and what makes you happy?
- Where do you want to live or travel?
- What would your ideal day or life look like?
- Who do you want to help?
- What areas of your life do you want/need to improve? Health, Spirituality, Relationships, Family or Career ...

## **#2. Make sure that you're being**

**intentional.** Slapping on random pretty pictures or nice quotes isn't going to help you get closer to your goals. Be sure that you're working with a purpose and being intentional with your choices. You want to create a board that helps you get closer to your goals.

## **#3. Create your vision board.**

Now that you have at least an idea of what you want and how you'll make your board, it's time to do it. Find photos of what you want, where you want to be, who you want to be with, stuff that motivates you, etc. For example, if you want to live in Hawaii, find photos of Hawaii. You get the idea, be creative with it. A few motivational quotes could help too. Do whatever works for you!

*Vision without action is a dream.*

*Action without vision is simply passing the time.*

*Action with Vision is making a positive difference! ~Joel Baker*

## **#4. Figure out how to make your vision board manifest and happen.**

Now that your board is (at least mostly) complete, it's time to figure out how to make your dreams a reality. Take out a notebook or piece of paper & write down the steps you need to take to achieve your vision.

Vision boards are helpful, but they aren't a magical cure and they won't reach your goals and dreams for you. You've gotta do the work too!

## **#5. Look at your vision board & BELIEVE IN IT.**

You are the main part of the equation. So believe in yourself and believe that you can do whatever you want - as long as you stay focused and hustle

Put your vision board up on your wall so you'll see it every day and stay motivated +inspired. Take a photo of your vision board & use it as your phone wallpaper. Do whatever it takes to make sure you keep it in your mind.

## **#6. Check in on your progress and celebrate.**

Make sure you regularly check in on your goals. If you accomplish something from the board, check it off. Use a pretty pen or stickers or something so you know how far you're progressing. I'm a firm believer in rewards so make sure you celebrate your wins - no matter how big or small. You deserve it