



YOUR TIME TO SHINE

MY VISION BOARD



Goals Vision Board

There is an accompanying pdf to this exercise attached containing step-by-step instructions and an essential list of reflective questions to ponder after you complete your vision board. To get the most of the exercise please read and follow the suggestions in both pdfs.

From relationships to finances and everything in between, goals are a fundamental part of turning our vision for the future into reality. Setting goals boosts motivation and self-confidence, enhances resilience and well-being, and improves and sustains performance. (DuBrin, 2012).





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Visualization and imagery play a significant role in the process of goal setting and goal attainment. Indeed, using external representations and visualization tools considerably increases the likelihood of successfully reaching a goal (Cheema & Bagchi, 2011).

One such visualization tool is the vision board: a flexible and creative way to identify, define, and clarify your dreams and goals (Mosley, 2010).

A goal vision board is a collage of images, words, and illustrations representing the goals we hope to achieve. By tapping into creative, non-linear thinking, vision boards can shape the behaviors that bring us closer to reaching our desired goals. According to Kress et al. (2013), constructing images in this way not only helps identify and visualize our intentions but also serves as a powerful source of motivation for future behavior. Furthermore, visualizing and then reflecting on the physical representation is akin to carrying out multiple visualization exercises each day, and it may help you overcome common barriers to goal attainment and improve goal success (Kress et al., 2013).

Vision boards are a creative and innovative way to promote self-reflection, generate a future focus, and inspire you to set and visualize your goals. According to Burton and Lent (2016), vision boards can help direct you away from challenges related to imagining your future by creating a route to goal attainment that is both observable and optimistic.





Rather than focusing on an in-depth exploration of past problems, vision boards can help you look to the future and encourage a more positive outlook (DeJong & Berg, 2002).

This exercise will take you through the process of creating your vision boards so that you have a meaningful and tangible reminder of the things you want to achieve in life.

Author

This tool was created by Elaine Houston.

Goal

The exercise aims to help you visualize your long-term goals by creating an inspiring and meaningful vision board that serves as a tangible reminder of the things you want to achieve in life.



Recommended materials for this exercise include:

- A selection of old magazines, photographs, newspapers, brochures, postcards, or any illustrated printed material that inspires your creativity. Images may also be found online and offline in printed sources.
- Pens, markers, and paper to write and make drawings.
- Scissors, glue, pins, or tape.
- A canvas on which to mount images. This can be anything from a bulletin board to a large piece of cardboard or scrapbook, so long as it is sturdy and large enough to arrange all selected images.
- Technology offers avenues for creating digital and virtual vision boards. For example, clients may also use PowerPoint or Keynote to build a presentation with images, photos, illustrations, and text.
- Anything else that might make a suitable addition.
- It is important that you feel a strong connection to your vision board. Try to feel rather than think your way through this exercise and select meaningful images that truly resonate with you.

Note Really tap into your imagination and creativity during the process of selecting images that should be representative of your goals.

If selected images remain on the board for an extended period, they can lose their motivational significance. Completed vision boards should be revisited and updated as required.





It's not necessary to complete your vision board in one session, you may find multiple sessions are required before it is complete. The important thing is that you enjoy the process, be creative, and follow your intuition without overthinking the process or feeling pressured to finish.

I've Completed My Vision Board!

YAY! Good job! Now that you have completed your vision board, make sure it is displayed in a prominent location where you can see your creative work multiple times each day. If you tend to be in different locations, it may be useful to take a photo of the completed board on a mobile device so you can carry it with you.

While some of you may prefer one main vision board, creating multiple smaller boards for goals in different areas of life is also an option. For example, separate boards for career goals and health goals. This exercise is flexible because you choose your preferred method depending on what you find most appealing.

Things To Consider More Deeply

I encourage you to consider the feelings and emotions that come up for you and how these are related to your goals. Think about how you want to feel when the specific item on the vision board becomes a reality. Including feelings in this way creates a deeper connection to the goal rather than being just a collection of images.





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Take a deep inner dive and ask yourself questions around your completed vision board to gain clarification and insight. For example, you may ask 'what meaning do I ascribe to certain images, or what is it about a particular image that resonated with me?'

Use the same approach to each new addition to your vision board. Ponder areas that you are unclear or unsure about.

Please also refer to the accompanying pdf for a list of Reflective Questions and examples of completed vision boards.

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I hope you enjoyed doing this exercise and that it contributes to the success of your goals.

This is one of the many tools in my treasure trove that I use to help clients get clear about what they want and the steps required to achieve their desired dreams and goals. If you found the exercise useful and would like help in reaching your own destination, working with a Life Coach could help your journey along!

Sign up for a free Life Strategy session [by clicking here](#). It's 30 minutes that could change your life!

Thank you for reading and for taking time out for YOU!

With grace and gratitude



I have a deep sense of humanity and a sincere desire to help you succeed. The core of who I am is rooted in the very principles I share in my work as a Life and Couples Coach and they are simple: Your 'quality of being' in the world along with adopting resilience and certain life and proficiency skills, correlates directly with how you experience the world and by extension your relationships.



References

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