CREATING A VISION BOARD

WHY?

Vision boards are a form of deliberate creation. It is about making the conscious choice to design your year on your terms instead of allowing things to just happen to us.

THE GOAL!

Build a Collection of images and words that inspire you to help create a clear vision for the school year.

START HERE:

Ask Yourself:
What do I want?
How do I want to feel?

SUPPLIES:

cork board
poster board
picture frames
paper
glue
markers
scissors
magazines

THE PLAN

Browse images & words: If you find yourself looking at an image that creates a feeling of lack ("I don't have this, I can't do that.") throw that image away.

Notice any blocks that come up for you. Pay attention to fears, stories, mental obstacles. You must work through them.

If you don't believe something is possible, it won't be.

Keep the inspiration alive! Connect to your vision as often as possible.
Where can you place your board to achieve that connection?

"IF YOU ARE WORKING ON SOMETHING EXCITING, THAT YOU REALLY CARE ABOUT, YOU DON'T HAVE TO BE PUSHED. THE VISION WILL PULL YOU." -STEVE JOBS