



# HOW TO CREATE A VISION BOARD

VISUALISE YOUR IDEAL  
LIFE

[MICHELLEREEVESWRITES.COM](http://MICHELLEREEVESWRITES.COM)

## THE ULTIMATE GUIDE TO CREATING A VISION BOARD

*Want to know a secret?*

Creating big changes in your life and business does not have to start with a corporate-like list of measurable tasks and deadlines. In fact, for some of us, that's just the kind of thing that makes us feel stiff and anxious.

Even if we love being organised and ticking off a list (yup, holding my hand up here) we can still look at that list of dates and to-dos, without the support we need to get them done, and get instantly overwhelmed with the enormity of it all, so we file it away for "later." And we all know what "later" means, right? It's never.

Yet that's just how we were taught to approach big changes. We've all heard the expression "A goal without a deadline is just a dream." But sometimes dreaming is what we really need to do FIRST to see a clear path to our destination. In this case that destination is our IDEAL LIFE. And that's what vision boards are all about.

Before we get to work with a planner or spreadsheet, vision boards allow us the creativity to get out of our heads for moment and into our hearts, to let our dreams grow.

Most goal-setting programs focus on an intended outcome. What is the result you want? And while that's perfect when you KNOW the result you're looking for, it's not always the best way to START your journey and keep you inspired and motivated day in and day out.

For that you need to know how achieving your goals will make you feel. And that's the real power of a vision board. In this workbook I'll walk you through how to create your own vision board as a way to visualise your ideal life from the inside out and boost your motivation to get there each and every day.

So let's get started, shall we?



*Michelle*

## THE ULTIMATE GUIDE TO CREATING A VISION BOARD

### *What exactly is a vision board?*

Whether or not you're a fan of the bestseller, *The Secret*, one thing is undeniably true: that which we focus on we attract more of.

Why? Not because some powerful force in the universe magically makes it happen, but because our brains are hard-wired to act like Google and help us find what we're looking for.

This isn't some airy-fairy make-believe, either. We've known for decades that daydreams have power, and that purposeful and positive visualisation is the key to greater success in all areas of our lives.

Top athletes practice endlessly, not only on the field, but in their minds. They actually see that perfect shot, winning race, or stunning backflip. They concentrate on the minute movements that make it possible, how their muscles will react every second, and how they will feel at the end of a stellar performance. This type of visualization creates neural pathways that are virtually indistinguishable from those caused by completing the act itself.

The result? Nearly the same as with actual, physical practice.

It works the same way for us. When we visualize our ideal business, happy home life, dream vacation, and even our biggest income goals, we're more primed to achieve them.

And we'll meet those goals much faster and with fewer stumbles than if we simply list those goals (and deadlines) on a calendar. (Although I highly recommend that you do that too!)

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### *What exactly is a vision board?*

Like anything though, effective visualization takes practice.

As kids, we spend much of our time daydreaming and playacting, but those are skills we lose as we age. A vision board can help kick start those creative visualization skills again.

Here's another benefit of creating a vision board: it will boost your spirits when you face life's inevitable struggles.

Having a bad day? Spend some time working on your vision board, and you'll feel noticeably lighter.

Feeling overwhelmed? Take a look at your vision board for an instant reminder of why you're working hard now, and what you'll gain from it.

Struggling at work? Read through some of the positive messages you've received in the past from colleagues or clients to remember how valuable you are, and why you do what you do.

Vision boards can touch all areas of your life as well see next...

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*Vision boards can work in every area of our life and work...*

**and help us to pull together all the strands of our life - our ideal life - into one balanced and inspiring view.**

### BUSINESS/WORK

Business or work —and the related lifestyle—goals is probably the most common topic of vision boards, and with good reason.

Chances are you started your business or career with the goal of creating a better life for you and your family. It's likely one of your driving motivations, so it's natural to seek out tools that will help you achieve the outcomes you desire. Vision boards are the perfect choice.

When you're building your business or work vision board, consider the following questions:

How do you want your day to go?

What clients or colleagues do you want to work with?

What projects do you love?

What do you want your typical workday to look like?

Where would your ideal "office" be?

Look for images and other items that represent your ideal work day, your perfect client, or your ultimate dream job.

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## WEALTH

Here's another favorite topic for vision boards, and if big financial goals are part of your life plans, its one area you should pay close attention to.

The reason many people don't reach their financial goals is because we let those negative internal voices hold us back. You know that voice. It says things like:

"You'll never earn that much."

"No one will pay you to do that."

"You've always been financially irresponsible and you always will be."

"You're just not 'good' with money."

"They'll never accept that price increase."

We let this voice create our income 'ceiling', and unless we take steps to silence it, we will never earn what we're truly worth.

A creative vision board can help. Start by asking yourself...

What does financial freedom mean to me?

How can I change the world if I earn more money?

What charities will I support when I start earning \$xxx?

Then find the images that represent the feeling of satisfaction and fulfillment you'll have as you're able to achieve these goals and more. Maybe that's a photo of needy children your community group helps support, or an animal rescue organization you love. Or maybe it's just a big pile of money so you can retire young and live on a yacht. It's your dream and it can be anything you want it to be. (And no, it doesn't have to be noble, it just needs to have meaning for YOU.)

The point is, your vision board is a great way to start silencing that negative voice in your head that's keeping you from your financial goals.

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## HEALTH

How's your health? For many online business owners, it could be better.

We spend far too much time inside, sitting down, staring at a computer screen. We don't exercise enough. We don't eat right. We don't drink enough water.

How can a vision board help? By making it clear how much better you will feel (there's that word again) when you do eat healthy, work out, and are hydrated.

A vision board filled with images of fun activities in relaxing locations is just the thing to remind you—the next time you reach for another slice of pizza—that you're working toward an achievable goal.

## FAMILY & FRIENDS

We don't often think of vision boards as being helpful with building relationships, but maybe that's just because we don't put enough emphasis on setting goals to improve them.

Creating a family and friends vision board just might change all that.

Think about...

What kind of relationships do you want to have?

What's most important to you as a wife? Mother? Daughter? Friend?

How do you want your husband to feel when he sees you?

How do you want your kids to feel when they're teenagers?

Fill your vision board with items that represent the best relationships you can imagine, and soon enough, you'll begin creating those bonds in your own life.

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## FUN!

Here's where you can really go crazy. You might not be able to afford an around-the-world cruise (yet) but there's no reason you can't put it on your vision board. No matter what silly, unrealistic adventure you're dreaming of, create it on your fun board and get your mind working on it in the background.

## BIG HAIRY AUDACIOUS GOALS

Here's where many of us falter. Maybe you have a few goals. Say you want to increase your income by 15%. Or run in a 5k. Or vacation in Greece.

These are all fine, respectable goals, worthy of your vision boards. But what if you turn them up a notch...or three?

Instead of increasing your income by 15%, increase it by 50%.

Rather than running a 5k, run a half-marathon.

Instead of a vacation in Greece, buy a share in a property there.

With your vision board populated with meaningful images, thoughtful and motivating quotes, inspirational messages, and plenty of creativity, even these big scary goals suddenly feel much more attainable. If you can visualize it and continue to focus on it over time, you're more likely to be able to achieve it.

So don't be afraid to start a vision board for your biggest, most intimidating goals. You might not get there tomorrow or even next month, but if you keep your focus, you will get there.



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*Your notes...*

Business:

Wealth:

Health:

Family & friends:

Fun:

B.H.A.Gs:

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### *Avoid this common mistake...*

Before we get started with vision boarding, let's take a minute to look at the most common mistake people make when creating them:

#### **They focus on the actual goal rather than the result.**

Imagine you have a goal of visiting The Maldives (one of my favourite places in the world, by the way). You could express that by simply writing "Maldives" on a sticky note and taping it to your laptop. But so what? The word itself is unlikely to evoke feelings of joy or anticipation. In fact, the more you see that word, the less meaning it will have.

As a vision board item, it's pretty weak.

Imagine instead, a photo of a beautiful Maldivian island. The warm sun is just beginning to set over the horizon, bathing the scene in a golden light. Waves are gently lapping at the white sandy shore by your feet. A waiter is walking towards your beach cabin carrying a Mojito and a plate of fresh coconut...

When you look at the picture, it doesn't just say "Maldives." It instantly transports you there and immerses you in the moment. It's a feeling. Not a goal.

When you create your vision board, regardless of which areas of your life you're focusing on, be sure to look for images and words that make you feel the way you imagine you'll feel when you achieve your goal.

It's not about what you want to have. It's about how you want to feel.

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*Ok, let's get creative!*

So now that we know what a vision board can do for your future goals and your present state of mind, and some of the pitfalls to avoid, let's talk about the actual building blocks.

Creating a vision board can be as simple as cutting photos out of a magazine and tacking them up on your office bulletin board, or it can be as complex as a hand-made frame with personal photos and trinkets.

**Digital:** Created with software designed for the task, or with Photoshop or some other image-editing tool. Ease of use is the obvious benefit with this kind of vision board, because you can quickly add and edit your board. Try: Pinterest or DreamItAlive.com.

**Physical:** Paper, bulletin boards, whiteboards, or even a wall in your home with hanging pictures. Your creative options are endless here, but your vision board will obviously be less portable.

**Mobile:** Created on an app made for tablets and phones. The advantage here is that you'll have your vision board with you everywhere you go.

### Have Fun With It!

Remember when you were a kid in art class? Your vision board materials can be just as much fun—especially if you're creating a physical board to hang on your wall.

Start by gathering up a selection of materials to work with:

- Swatches of fabric and ribbon
- A stack of magazines
- Colored pencils and markers
- Construction paper
- Poster board
- Crayons
- Glue and tape
- Scissors
- Stamps & ink pads

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Then begin to flip through the magazines. Resist the urge to get sucked into the articles, and instead, concentrate on how you feel as you see the photos. Do they make you happy? Do you smile at a particular shot? Does it bring to mind a particular goal or dream? Cut out the images that speak to you in some way.

Don't worry about organizing them or categorizing them at this point. For now, just make a stack of images that have meaning for you.

Next, take your board—and it can be a single piece of paper, a full-size poster board, or even the bulletin board in your office—and begin arranging your images, quotes and other materials. When you're happy with how it looks, stick everything into place.

You can have a single board with areas devoted to each aspect of your life, or a different board for each. Your board can be a hodgepodge of random images, or a carefully laid out plan that progresses naturally from one to the next. It can be color coordinated or not. Ultimately, it has to please no one but YOU, so let your creativity flow.

Don't be afraid to use your pencils and markers to decorate your board, draw attention to certain images, or divide it into distinct quadrants. You can add dates if you like, or the names of people you want to think of as you work with it.

Most importantly, have fun with it!

## Creating Digital Boards

For those of us who love computers and the speed and efficiency they give us, digital vision boards are just the thing to get your creative juices flowing.

Digital boards have the advantage of being portable, so you can enjoy and be inspired by them anywhere. Plus, they're easy to recreate and reimagine as your goals, dreams and values change.

There are several web-based apps that will help you create your boards. Pinterest and DreamItAlive.com, which not only provides the tools to create your "dreamboard" (as they call it) but also a community of like-minded dreamers to support and encourage you, are both free to join.

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*Just do it!*

Ultimately, it doesn't matter how you create your vision board, it only matters that you do create one. (Or more.)

Having this tool in your toolkit makes it much more likely you'll achieve your dreams, as well as virtually ensuring your dreams will be larger than they were before you began your vision board adventure.

Before you begin though, here are the most important things to remember about your vision board.

**It's yours.** There is no right or wrong way to create your dreams.

**Dream big!** Your vision board should not be filled with things that you could easily attain next week. A new cell phone has no place on your vision board.

**You have to spend time with it.** A vision board is a living document, and it will work better when it has your attention for at least a few minutes every single day.

Whether you choose to create a stunning collage of individually framed images you carefully collect over the course of a year, or you build it on your iPad from stock photos, give vision boards a try. You might just be pleasantly surprised at the power they can wield in your life and your business.

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# Your vision board checklist...

I have spent time dreaming and brainstorming about my:

- Ideal life
- Perfect business
- Health & wellness goals
- Family and relationships
- Dream client
- My biggest goals

I have chosen the format for my vision board:

- Physical
- Digital
- App or Website based

I have gathered all my materials:

- Magazines and books
- Colored pens or pencils
- Colored paper and ribbons
- Glue and tape
- Poster board or construction paper
- Other items

Next steps:

- I have cut out images that speak to me from magazines and books
- I have organized my materials into categories that match my visions
- I have created a beautiful vision board that inspires me
- I have posted my new vision boards in a prominent location so I can be inspired by it every day
- I am revisiting my vision board frequently to ensure it still motivates and makes me happy



## THANK YOU

For downloading this resource and making a commitment to stepping out of your comfort zone and into your growth zone, developing clarity, courage, competence and consistency along the way.

YOU FREAKIN ROCK! Want to continue the conversation? Get in touch using the details below.

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