



PICTURE YOUR FUTURE

Creating a Vision Board Makes Dreams Real

by Jayne Morris

Vision boards, a powerful tool for transformation, comprise a collage of pictures, phrases, poems and quotes that visually represent what

we would like to experience more of in life. Building one works to uncover hidden desires and inner guidance that help clarify the details of a roadmap to our future. Anyone can create one in a few hours.

The layout may be intuitive, placing pieces where feelings direct; circles within circles like a mandala; or in titled, pie-shaped segments arranged in the form of a wheel.

Board basics: Choose a large piece of poster board, corkboard or canvas the size of an unfolded newspaper. Gather pens, scissors, glue or pins, sticky tape and a current selfie.

Gather 10 to 20 magazines ranging from women's and men's fashion, health and fitness to hobbies, house and garden and travel, including animals representing specific character traits. Pick topics that resonate, uplift and inspire, energize or bring relaxation. Beauty salons, libraries and community centers like to clear out old issues; an alternative is to assemble images by using a computer.

Prepare a space: Find a quiet, relaxing spot, free of disturbances and distractions.

Mindset magic: Let go of ought-tos, shoulds and musts. Rest assured that feeling the desire to be good, to do good or have something good in our life means we can make it happen, even if we do not yet know how.

Flick, snip and stick: Have fun seeing what jumps out and catches your attention while riffling through the magazine

pages. Clip and place these images in a pile, and then sort out those that feel really right.

Arrange: Experiment with the positioning and relationships of words and images until it feels good. Take a photograph as a reference. Affix pieces either so they can be repositioned or permanent, leaving spaces to symbolize an openness to receiving more ideas.

Purpose Statement: Play with words that describe desired values and qualities to eventually shape an inspiring affirmation representing cherished personal aspirations for the year ahead. Place this next to the selfie and other key personal photos in the center of the board and reinforce its verity by daily repeating it.

Pride of place: Prominently display the board where it will be visible throughout the day. The more time we spend with our board, the more movement we'll make toward our goals and the faster they'll become our reality.

Activate: Sit with the board and connect with its opportunities. Visualize being, doing, having and experiencing everything shown, as if they are already an intimate part of daily life. This living, breathing idea grows with us, and a companion gratitude journal can support us in acknowledging our progress.

Jayne Morris is the author of [Burnout to Brilliance: Strategies for Sustainable Success](#), from which this was adapted. Learn more at [JayneMorris.com](#)