

Creating a Vision Board

1. WHAT'S A VISION BOARD?

A vision board is simply a visual representation or collage of the things that you want to have, be, or do in your life. It consists of a poster or foam board with cut-out pictures, drawings and/or writing on it of the things that you want in your life or the things that you want to become. The purpose of a vision board is to activate the [law of attraction](#) to begin to pull things from your external environment that will enable you to realize your dream. By selecting pictures and writing that charges your emotions with feelings of passion, you will begin to manifest those things into your life.

2. Three Types of Vision Boards:

a. The “I Know Exactly What I Want” Vision Board

Do this vision board if: - You're very clear about your desires.

How to create this vision board:

With your clear desire in mind, set out looking for the exact pictures which portray your vision. If you want a house by the water, then get out the Dwell magazine and start there. If you want to start your own business, find images that capture that idea for you. If you want to learn guitar, then find that picture.

b. The “Opening and Allowing” Vision Board

Do this vision board if: You're not sure what exactly you want

You have a vision of what you want, but are uncertain about it in some way.
- You know you want change but don't know how it's possible.

- i. How to create this vision board: Go through each magazine. Tear out images that delight you. Don't ask why. Just keep going through the magazines. If it's a picture of a teddy bear that makes you smile, then pull it out. If it's a cottage in a misty countryside, then rip it out. Just have fun and be open to whatever calls to you.

c. The “Theme” Vision Board

Do this vision board if: If you are working with one particular area of your life. For instance, Work & Career.

3. Setting the intention for your dream board: Ask your partner to finish these sentences:

- a. My family dream is...
- b. My financial dream is...
- c. My fitness dream is...
- d. My friendship dream is...
- e. My fun dream is...
- f. My health and well being dream is...
- g. My personal dream is...
- h. My professional dream is...

- i. My recreational dream is...
 - j. My relationships dream is...
 - k. My other dreams are...
4. Now, set your intention personally. Maybe one word will come to you. Maybe images will come into your head. Just take a moment to be with that. This process makes it a deeper experience. It gives a chance for your ego to step aside just a little, so that you can more clearly create your vision.
5. **Group Power – sharing your directions with the group...**
6. **Creating a Vision Board:**
 - a. **Step 1:** Go through your magazines and tear the images from them. No gluing yet! Just let yourself have lots of fun looking through magazines and pulling out pictures or words or headlines that strike your fancy. Have fun with it. Make a big pile of images and phrases and words.
 - b. **Step 2:** Go through the images and begin to lay your favorites on the board. Eliminate any images that no longer feel right. **This step is where your intuition comes in.**
 - i. As you lay the pictures on the board, you'll get a sense how the board should be laid out.
 - ii. For instance, you might assign a theme to each corner of the board. Health, Job, Spirituality, Relationships, for instance.
 - c. **Step 3:** Glue everything onto the board. Add writing if you want. You can paint on it, or write words with markers.
 - d. **Step 4:** (optional, but powerful) Leave space in the very center of the vision board for a fantastic photo of yourself where you look radiant and happy. Paste yourself in the center of your board.
 - e. **Step 5:** Hang your vision board in a place where you will see it often.
7. **What is your board telling you?**
 - a. Does it mean you need to take more naps? Does it mean you want to get a dog, or stop hanging out with a particular person who drains you? Most likely you'll know the answer. If you don't, but you still love the image, then put it on your vision board anyway. It will have an answer for you soon enough. The Opening and Allowing Vision Board can be a powerful guide for you. I like it better than the first model because sometimes our egos think they know what we want, and lots of times those desires aren't in alignment with who we really are. This goes deeper than just getting what you want. It can speak to you and teach you a little bit about yourself and your passion.

1. Supplies

a. Flip chart paper

Glue / tape

Scissors

Large markers (to write or draw on the board)

Music

What is a Vision Board?

A vision board (also called a Treasure Map or a Visual Explorer or Creativity Collage) is typically a poster board on which you paste or collage images that you've torn out from various magazines. It's simple.

The idea behind this is that when you surround yourself with images of who you want to become, what you want to have, where you want to live, or where you want to vacation, your life changes to match those images and those desires.

For instance, before I ever started performing music and I had no idea how I'd ever get a gig, write enough songs, or assemble a press kit, I drew a picture of myself in a bar with people watching me perform (I'm a terrible visual artist, so I actually had to label the people "people!"). And though it wasn't the *only* factor in making it happen, I had a calendar full of bar and coffeehouse gigs by the next year.

My drawing was a kind of a vision board. Vision boards do the same thing as my drawing did. They add clarity to your desires, and feeling to your visions. For instance, at the time I did my drawing, I knew I wanted to play in bars and coffeehouses. (I have since left the that circuit, and I'm performing in theatres and at conferences. But in my early twenties, I wanted to play in bars and coffeehouses. I was pretty clear about that!) Taking the time to draw it out, even poorly, made it indelible in my mind.

There are several methods you can use for creating your vision board. I've written about each one below. You can choose which one works best for you, depending on where you find yourself on this path of creating your life.

Supplies you'll need for creating a Vision Board:

- Poster board. (Target sells a really nice matte finish board. I highly recommend it.)
- A big stack of different magazines. (You can get them at libraries, hair salons, dentist offices, the YMCA.) Make sure you find lots of different types. If you limit your options, you'll lose interest after a while. When I facilitate my women's retreats, I always make sure we have plenty of Oprah, Real Simple, Natural Home, Yoga Journal, Dwell, Ode, Parenting, Money, Utne, and an assortment of nature magazines.
- Glue. Not Elmers. (It makes the pages ripple.) I like using [Yes! Glue](#) or Rubber cement. Glue sticks are my second choice because they don't last.

Before you begin your vision board:

No matter which method you're choosing, have a little ritual before you begin your vision board. Sit quietly and set the intent. With lots of kindness and openness, ask yourself what it is you want. [Maybe one word will be the answer.](#) Maybe images will come into your head. Just take a moment to be with that. This process makes it a deeper experience. It gives a chance for your ego to step aside just a little, so that you can more clearly create your vision.

Put on soft music. My favorite music for activities like this is Anugama [Shamanic Dream I](#) and [Shamanic Dream II](#). I love these CD's for massage or any activity where you want to keep your mind quiet.

The Five Steps of Creating a Vision Board:

Step 1: Go through your magazines and tear the images from them. No gluing yet! Just let yourself have lots of fun looking through magazines and pulling out pictures or words or headlines that strike your fancy. Have fun with it. Make a big pile of images and phrases and words. SET ASIDE IMAGES FOR OTHER PEOPLE WHO ARE LOOKING FOR PARTICULAR THINGS

Step 2: Go through the images and begin to lay your favorites on the board. Eliminate any images that no longer feel right. This step is where your intuition comes in. As you lay the pictures on the board, you'll get a sense how the board should be laid out. For instance, you might assign a theme to each corner of the board. Health, Job, Spirituality, Relationships, for instance. Or it may just be that the images want to go all over the place. Or you might want to fold the board into a book that tells a story. At my retreats, I've seen women come up with wildly creative ways to present a vision board.

Step 3: Glue everything onto the board. Add writing if you want. You can paint on it, or write words with markers.

Step 4: (optional, but powerful) Leave space in the very center of the vision board for a fantastic photo of yourself where you look radiant and happy. Paste yourself in the center of your board.

Step 5: Hang your vision board in a place where you will see it often.

Three Types of Vision Boards:

1 - The "I Know Exactly What I Want" Vision Board

Do this vision board if:

- You're very clear about your desires.
- You want to change your environment or surroundings.
- There is a specific thing you want to manifest in your life. (i.e. a new home, or starting a business.)

How to create this vision board:

With your clear desire in mind, set out looking for the exact pictures which portray your vision. If you want a house by the water, then get out the Dwell magazine and start there. If you want to start your own business, find images that capture that idea for you. If you want to learn guitar, then find that picture. I remember at the last retreat, one woman yelled out, "If anyone finds a picture of a little girl with red hair who looks happy, give it to me!" And

someone else yelled out, "I'm looking for a Cadillac!" Pretty soon, a lively trading session began. Following the five steps above, create your vision board out of these images.

2 - The "Opening and Allowing" Vision Board

Do this vision board if:

- You're not sure what exactly you want
- You've been in a period of depression or grief
- You have a vision of what you want, but are uncertain about it in some way.
- You know you want change but don't know how it's possible.

How to create this vision board:

Go through each magazine. Tear out images that delight you. Don't ask why. Just keep going through the magazines. If it's a picture of a teddy bear that makes you smile, then pull it out. If it's a cottage in a misty countryside, then rip it out. Just have fun and be open to whatever calls to you. Then, as you go through Step 2 above, hold that same openness, but ask yourself what this picture might mean. What is it telling you about you? Does it mean you need to take more naps? Does it mean you want to get a dog, or stop hanging out with a particular person who drains you? Most likely you'll know the answer. If you don't, but you still love the image, then put it on your vision board anyway. It will have an answer for you soon enough. Some women at my retreats had NO idea what their board was about, and it wasn't until two months later that they understood. The Opening and Allowing Vision Board can be a powerful guide for you. I like it better than the first model because sometimes our egos think they know what we want, and lots of times those desires aren't in alignment with who we really are. This goes deeper than just getting what you want. It can speak to you and teach you a little bit about yourself and your passion.

3 - The "Theme" Vision Board

Do this vision board if:

- It's your birthday or New Years Eve or some significant event that starts a new cycle.
- If you are working with one particular area of your life. For instance, Work & Career.

How to create this vision board:

The only difference between this vision board and the others is that this one has clear parameters and intent. Before you begin the vision board, take a moment to hold the intent and the theme in mind. When you choose pictures, they will be in alignment with the theme. You can do the Theme Vision Board on smaller pages, like a page in your journal.

Some things to remember about vision boards:

- You can use a combination of all three types of vision boards as you create. Sometimes you might start out doing one kind, and then your intuition takes over and shifts into a whole different mode. That's called creativity. Just roll with it.

- Your vision board might change as you are making it. I was just talking with a friend of mine who said that she had been making a vision board for the new year. The theme was all about what she wanted in this year. Then, as she pulled pictures and began to lay them out, the theme changed into a simpler one about her everyday life and the moments in each day. It surprised and delighted her to experience that evolution. You might find that you have little epiphanies from making a vision board.

Make a Vision Journal

Another option is to use these same principles in a big sketch book. Get a large sketch book and keep an on-going vision journal. This is especially effective if you're going through many transitions in your life.

I welcome anyone who has created a vision board to write your own experience in the comments...

Technorati Tags: [vision boards](#), [personal growth](#), [law of attraction](#), [creativity](#)

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A vision board is a simple yet powerful visualization tool that activates the universal [law of attraction](#) to begin manifesting your dreams into reality. The concept of the vision

board (also known as a goal board, goal map, or treasure map) has been around for generations, but it's gained a renewed interest and popularity after success expert John Assaraf related his story of using vision boards to achieve his dreams in the best-selling DVD documentary *The Secret*. [1]

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THE SCIENCE BEHIND THE [LAW OF ATTRACTION](#)

What exactly is the [law of attraction](#)? The [law of attraction](#) states that we attract into our lives anything that we give attention to, regardless whether it be positive or negative. [2] From a psychological view, the [law of attraction](#) can be best explained by the information filtering system of the brain known as the reticular activating system (RAS). Vision boards serve the role of programming the RAS to tune into external stimuli that can help us move closer towards our intentions.

At the base of the human brain stem, in between the medulla oblongata and the mesencephalon, there is a small finger-sized control center called the reticular activating system (RAS) that sorts and evaluates incoming data. [3] Your RAS is responsible for filtering all the incoming information that your brain receives and it also acts as receiver for information that is tagged as important.

A simple way to conceptualize the RAS is to think of it like a radio. You are surrounded by radio waves from various stations and your portable radio can pick up those channels, but only one at a time. You have to tune your radio to a specific frequency of your favorite radio station in order to receive it properly. Your RAS is not much different in this regard. Imagine you are in a meeting room talking to several people and out in the distant corner of the room you hear your name. All your focus gets diverted in the direction that you heard your name because that bit of information is tagged by the RAS as important to you. Your RAS is responsible for having the ability to sleep through the noise of traffic outside your room, but waking up suddenly at the smallest cry from your infant child. Another example of the RAS at work is when you go and buy a brand new car and then suddenly you notice many more people around your city have that exact same car.

According to Hans Morvec, the principal research scientist at the Robotics Institute of Carnegie Mellon University, the human brain can handle up to 100 trillion bits of information at any given time. [4] With all that information coming in, how does your RAS know what to filter? Your RAS is naturally programmed to prioritize information that is necessary for survival, like listening for a the particular sound of an oncoming vehicle when walking close to a street. The RAS can't distinguish between a real event and a contrived reality, however, and we can exploit this weakness to program it to seek out stimuli in our environment that resonate with our goals. The process of creating a vision board is one of the best ways to program the RAS. It programs the RAS to pay attention to certain things in your environment that are in frequency with your goal or vision, in much the same way as you are able to pick up your name being mentioned in a conversation on the other side of a room while talking to others. This selective attention filter makes you aware of daily things that can help you achieve your goal and it's your job to take action on those opportunities when they present themselves.

HOW TO MAKE AND USE YOUR VISION BOARD

Your personal vision board is only limited by the extent of your own creativity. Some of my students have produced simple vision boards and others have made vision boards that could probably sell at an art show for hundreds, if not thousands of dollars. Having artistic ability is not a prerequisite for creating a functional vision board however and the procedures I've outlined below can be used by anyone.

The general elements that a well-designed vision board should include are:

Visual. Your subconscious mind works in pictures and images, so make your vision board as visual as possible with as many pictures as you can. You can supplement your pictures with words and phrases to increase the emotional response you get from it.

Emotional. Each picture on your vision board should evoke a positive emotional response from you. The mere sight of your vision board should make you happy and fuel your passion to achieve it every time you look at it.

Strategically-placed. Your vision board should be strategically placed in a location that gives you maximum exposure to it. You need to constantly bath your subconscious mind with it's energy in order to manifest your desires quicker than you hope.

Personal. Negative feelings, self-doubt, and criticism can damage the delicate energy that your vision board emits. If you fear criticism or justification of your vision board from others, then place it in a private location so it can only be seen by yourself.

Supplies Needed

- Foam core board (recommended) or poster board
- A large assortment of magazines. You want to make sure that these are in color. You can go to various businesses or hospitals to ask for their old issues.
- Glue. I prefer the dispenser type tape rollers, commonly used to mount photos because they are clean and won't damage your pictures.
- Scissors
- (Optional) Color inkjet or laser printer
- (Optional) 3 1/3" x 4" or larger printer labels. I use Avery #5164 mailing labels that work great.
- (Optional) Internet access

Step 1—Compile your pictures. Start by going through your magazines and compiling all the pictures that you can find that are relevant to your goal. Don't evaluate the pictures or start pasting them onto your board. Just stack them into a pile. If you are internet saavy, then a much quicker method that I do myself is to use an internet search engine to find good pictures that I can use for my board. You can either print the pictures out on paper and then glue it to the board, or print the pictures out onto a self-adhesive label so that it becomes a sticker. This is the preferred method because it is takes much less time to do and you can pinpoint your pictures using very good technology at your hands. Make sure that each image that you put on your board resonates with your heart and makes you excited at the mere look of it. It's also important when selecting pictures to include anything that is congruent with your goal, such as any changes in your life that might result from obtaining your goal. So if your goal is to have a six figure income, then select pictures of a lifestyle that is congruent with your six figure income. Asking yourself the following questions might help you design a congruent vision board:

- What would you do differently when you realize your goal?
- Where would you travel?
- Where would you live?
- What would you wear?
- What things would you own?
- What kind of vehicle would you drive?
- What would you do for work?...Or would you work?
- Who would you help?

Step 2—Sort and Cut. Go through your pile of pictures and select the ones that impact you the most emotionally. Cut the extraneous material away from the image.

Step 3—Arrange and glue. Start arranging your pictures creatively on your board. Don't worry about being artistic—that's not the point. The point is that your board should resonate with your emotions. Arrange your pictures in a way that gives you an emotional connection to your vision board. After you are satisfied with the arrangement, glue all your pictures in place. Additionally, you might want to add writing or drawing on your vision board if you feel that it would better resonate with your emotions. A feature unique to my vision boards is that I also put two labels on the bottom of board that read: "Date created: [today's date]" and "Date Manifested: [blank]" This lets me know how long my vision has been gestating since its creation and also every time I look at my vision board, not only am I emotionally charged with the pictures, but I also feel an overwhelming sense to see it manifested to completion.

Step 4—Strategic positioning. The most important part of having a vision board is having it in a strategic location that gives you as much visual exposure to it throughout the day. For most of us, this is in the office, but if that is not possible or appropriate, then try your living room or your bedroom. Some people I know mount their vision boards on the ceiling above their bed so that it is the first thing they see when they wake up and the last thing they see when they go to sleep. If you are sensitive to what others might say of your vision board, then be sure to keep it in a safe area where only you will see it. Negative criticism or justification of your dreams can kill the energy that your vision board releases. As [Brian Tracy](#) states, "What they don't know, can't hurt you." [7]

Step 5— Update your vision board. Your vision board has to inspire you. It has to charge you with renewed passion everytime you look at it and over time and as you progress closer towards your vision, you might find that some of the images or pictures on your vision board don't really carry as much emotional impact on you as they did before. When this happens, you'll want to update your vision board with new fresh images that do inspire you. You're vision board is not a finished piece of art after its initial creation. It's a dynamic piece of art that shifts and changes as your vision shifts and changes. Therefore, if you find your level of passion that your vision board gives you is growing weaker, then update it to bring fresh new emotions to it.

FAMOUS EXAMPLES OF THE [LAW OF ATTRACTION](#)

Here are three examples of famous people who have used the techniques of visualization to activate the [law of attraction](#) in their lives. Although not all of them specifically used vision boards to get what they wanted, the applications that they used were similar in function.

John Assaraf's Vision Board. Successful entrepreneur and author, John Assaraf, brought the age-old concept of a vision board to the mainstream public by relating his story of it in the motivational documentary, *The Secret*. In May of 2000, John was working in his home office inside his beautiful new home in Southern California when his five-year old son came in and asked him what were in the dusty boxes in the corner of

his home office. John told him that it contained his vision boards. His son didn't understand what they were, so John opened one of the boxes to show him. When John pulled out the second board from the box, he began to cry. On it was a picture of a 7000 square foot house on top of six acres of spectacular land that he had seen and cut out from Dream Homes magazine in 1995. It was the exact house that he had just purchased several weeks prior—A sure testament to the [law of attraction](#) at work.

Bruce Lee's Letter. The late martial arts legend and my own personal role-model, Bruce Lee, understood the power of the [law of attraction](#). As a struggling entrepreneur and actor, Bruce sat down one day and wrote the following letter to himself: "By 1980, I will be the best known oriental movie star in the United States and will have secured \$10 million dollars... And in return, I will give the very best acting I could possibly give every single time I am in front of the camera and I will live in peace and harmony." In 1973, months after Bruce's untimely death, the blockbuster movie Enter the Dragon was released in both the United States and China, elevating Bruce to the level of an international star. According to Jack Canfield, that very letter that Bruce wrote to himself is hanging up on one of the walls at Planet Hollywood in New York City.[8]

Jim Carrey's Check. As a struggling young comedian trying to make it in the make or break city of Hollywood, Jim Carrey was just about ready to give up his dream of becoming a professional actor and comedian. He had just performed at an open mic session at one of the nightclubs in Los Angeles and had been booed off the stage by his audience. He sat by himself at the top of Mulholland Drive and looked out at the city below him—the city that held his future success or failure. He then pulled out his check book and wrote himself a check for \$10 million dollars and made a note on it: "for acting services rendered." He then carried that check with him in his wallet everywhere he went from that day forward. By 1995, after the success of his blockbuster movies: Ace Ventura: Pet Detective, Dumb and Dumber, and The Mask, his contract price had risen to the price of \$20 million dollars.[8]

Conclusion

Vision boards are an important tool in your success tool box. They are cheap to make and their potential value to you is immeasurable. Figure out what you want in your life and then commit yourself 100% towards making that first step of creating your vision board and activating the [law of attraction](#) to pull your dreams into reality.

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Author's Bio

TRISTAN LOO is a leading authority on human potential and personal effectiveness. As an author, trainer, and motivational coach, Tristan has inspired thousands of people with his passionate message of overcoming adversity and creating the ultimate life that they desire. Visit Tristan's website at <http://www.synergyinstituteonline.com> or contact at: info@synergyinstituteonline.com.