

Create a Vision Board and Reach Your Goals

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A vision board can be a wonderful tool for reminding yourself about your goals each day. **One of the most challenging parts of achieving goals is sticking with them.** It's easy to become distracted, lose hope, or even forget about them. A vision board is a solution for all of these challenges.

Regular use of a vision board keeps your goals fresh in your mind. Using a vision board also associates positive feelings with the achievement of your goals.

Nearly anything can serve as a vision board. Ideally, your vision board will be portable enough to carry with you. Then you can use it at any time. Poster board, cardboard, or even a spare wall can suffice. You might choose to use a notebook.

Create a vision board that works:

1. **Decide on your goals.** This is often the most challenging part. **For best effect, limit yourself to a few goals.** Perhaps your goals are a fit body, a new car, and a vacation to Hawaii. It's up to you. What excites you?
2. **Locate images that depict or symbolize the future you'd like to achieve.** A picture is worth 1,000 words. There are plenty of sources for images: photographs, magazines, the internet, and more.
 - Find pictures that best represent the goals you wish to achieve. If you're striving for a new car, find the exact model and color. When you look at the photo, you should get the same feeling you get when you think about the goal.

- 3. Choose the best words to go on your vision board.** A suitable word might be “Porsche” or “Honolulu.” Also consider how you’ll feel when the goal is achieved: “Excited,” “Grateful,” “Proud.” What qualities will you need to achieve these goals? “Committed,” “Powerful,” or maybe “Optimistic.”
- 4. Mount the words and photos on your vision board.** Get out your scissors, glue, or tape. Arrange everything in a way that pleases you.

The creation of a vision board is fun, simple, and easy. You might even enjoy the process.

Using your vision board is just as important as creating it:

- 1. Keep your vision board where you’ll see it at least twice each day.** On the nightstand is a great location. You’ll see it in the morning and at night. If you’re comfortable doing so, you could mount it on the bathroom mirror.
- 2. Spend a few minutes each morning using your vision board.** This can set the tone for the rest of your day. Reminding yourself of your goals each morning will point your brain in the right direction. ***You’ll see opportunities to help make your dreams come true.*** It’s then your job to seize those opportunities.
 - Look at each word and picture on the board. Take your time and visualize having those things in your life.
- 3. Using your vision board before bed is just as important.** Your brain is highly active while you sleep. Your brain spends all night churning away, trying to find solutions to your requests. ***Give your brain the information it needs.*** Look at the items on your vision board and imagine possessing them. Experience how that feels.
 - Part of your brain will spend all night trying to make your vision board a reality.

Create a vision board and use it every day. It's not magic, though it sure seems that way. ***Keep your goals fresh in your mind by using your vision board twice each day.*** Give it a few months and see for yourself how well it works.