

11 EASY STEPS

How to Create a Vision Board

01

Use quality materials for your Vision Board. For example, when choosing a foundation, opt for a foam presentation board or cork board over poster board, as they are better options.

02

Before creating your Vision Board, list words and short phrases that elicit positive emotions. An easy method is to write the alphabet down the left side of a page and write a word or phrase beginning with each letter. Include six to ten of these on your Vision Board.

03

Also, before starting, list 10 to 15 successes, enjoyable moments, and things you are proud of and appreciate in your life. These should have positive memories, and ideally, emotions attached. When selecting images for your Vision Board, choose four to eight items representing these aspects.

04

The final step before creating your Vision Board is to list ten things or situations you desire in your life. You'll find representations of these while choosing images for your Vision Board, and five to ten of these will be included.

05

Sources for Vision Board Images: There are many places to find images, including catalogs, newspapers, junk mail, and magazines from friends and family. My three preferred methods are Pinterest, thrift stores selling old magazines, and purchasing glossy magazines from bookstores. While Pinterest is the easiest, searching through magazines can be fun and exciting, like a treasure hunt.

06

Now, gather what you need: scissors, glue (rubber cement is effective, available on Amazon, though Elmer's glue also works), markers (optional for writing words and phrases), your images, and any other items you wish to include (e.g., stickers, acrylic paint, washi tape, glitter glue, ribbon, sequins).

07

Before attaching images to your board, choose four to five categories to feature, such as Health, Relationships, Career/Vocation, Spirituality, Happiness, and Wealth/Time-Money Freedom. Plan their placement before gluing.
Note: Keep your Vision Board simple and uncluttered for easy viewing.

08

As you attach images, mix those representing your successes and prides with those of your desires. Scatter your positive words and phrases among them.

09

After attaching all images, words, and phrases, use markers or paint to add more if space permits. Decorate with stickers, glitter glue, and washi tape, but avoid overdoing it to maintain simplicity and clarity.

10

When hanging your Vision Board, choose a location where you can sit quietly and relax, such as a common break area or your bedroom, visible from your bed, to view it upon waking and before sleeping.

11

For viewing your Vision Board, sit comfortably with feet on the floor, close your eyes, and take three slow, deep breaths, exhaling through pursed lips. Open your eyes and focus on your Vision Board, first acknowledging your accomplishments with gratitude and pride, then focusing on your desires, transferring these emotions. Maintain focus for one to two minutes. Repeat this process two to three times daily for best results.

Visualizing is the first step, next act on your vision. Need help starting? Contact me to help you develop a strategy. Email me at info@adamberardi.com, text or call (602) 429-9751, or [sign up online](http://www.AdamBerardi.com) on www.AdamBerardi.com.

I look forward to assisting you in making your vision a reality.

Happy Vision Boarding!