

creating

VISION BOARD



*Now is the time when our thoughts turn to what we want to achieve in the year ahead. Whatever your goals, the best is yet to come in 2018...*

# Use your vision board to make it happen!

Words: Yvette Streeter

## PERFECT PLACEMENT

Pop your vision board somewhere that you can see it on a daily basis. It will remind you of your goals and provide motivation!

The beginning of a new year often gives us a renewed sense of energy when it comes to personal goals. No matter how your 2017 was, there's something so cathartic about opening a new calendar or journal, with those blank pages giving us the opportunity to start afresh.

This year, make those dreams a reality with the help of a simple tool that's key to the success of so many creatives – the vision board. Whether you have a clear sense of the path you want to follow, or you're

unsure of which direction to take, vision boards are lauded by many as the ultimate aid in helping you discover and achieve your goals. Interior designer Kelly Hoppen MBE credits them for helping her make £1 million in three months, while Oprah Winfrey and Beyoncé wouldn't be without theirs. But what exactly is a vision board, and why is it such a growing trend within the creative community?

Similar to a mood board, a vision board is a collage of images, words or phrases, each representing an

Hang your free 'HAPPY' banner over your vision board to give it an overall positive purpose.



aspect of your aspirations. Be it pictures torn from magazines, inspiring photographs or sayings that resonate with where you want to be in your life, this carefully curated selection is then stuck onto a board, and hung where you can see it every day.

Amanda Scott ([amandascottarttherapy.com.au](http://amandascottarttherapy.com.au)), a creative art therapist who runs vision board retreats, explains: “By putting images of what you want somewhere you see regularly, these visions will become such a part of your life, you’ll move towards them.” More powerful than a resolution or a ‘to-do’ list, a vision board will act as “a great reminder of your values, your desires and what you deeply yearn for”.

#### THE MAIN EVENT

Vision boards are a handy tool for special occasions. Use it to decide what you want to achieve at the event, then revisit it as you plan.

However, this isn’t just about sticking a picture of a Porsche to a wall. There are two key factors to a successful vision board: tapping into the right motivation, and choosing the right images. For instance, you might dream of living in a beautiful country cottage, and want to ‘vision board’ your way towards this picturesque lifestyle, but it’s important to look past material goals and understand what drives this specific desire. “I focus on how people want to feel, and what can create those feelings in their everyday life,” says Amanda. “This approach creates more fulfilment, and offers a more empowered way to increase personal wellbeing.”

So, while you can put that picture of your dream home at the centre, think about why you want to live there. Is it the sense of peace you feel being in the countryside would bring? Or maybe the aspect of mindfulness that comes with moving away from the hustle and bustle of the city? Once you begin to understand why you’re drawn to this external goal, you can further examine the feelings you’re trying to create within your life, and achieve a more fully rounded sense of what you truly want to work towards.

After studying a Masters in Somatic Arts

Creativity is celebrated at art therapist Amanda Scott’s vision board retreats.



Psychology, Mary Nondé ([marynonde.com](http://marynonde.com)) was inspired to start her vision board workshops as a way of helping people to unlock their inherent intuition. She believes that the key to manifesting a breakthrough with a vision board is “being in the right frame of mind, so creativity and imagination can arise uncensored.” Mary encourages putting any pre-conceived ideas aside. “I’m not a fan of boards created by the left side of the brain, where you decide in advance what should be on there and look for images to represent this. Half of my workshops are spent preparing people to be super-creative by engaging in some playful and liberating activities.”

The images and words you choose for your vision board should spark a connection, with each being chosen for its emotive qualities, as opposed to the object or words it represents.

Life coach Jessica Rogers ([www.jessicavrogers.co.uk](http://www.jessicavrogers.co.uk)) uses vision boards as tools with her clients, and also advises us to “suspend judgement and thinking about what you ‘should’ include”. She recommends looking through pictures in magazines and cutting out all the ones that jump out at you, without questioning why. A vision board will only work successfully if it prompts you on an emotional level, so when you return to it every morning or evening, it should evoke the same sense of purpose and positivity as when you first put it together. Jessica suggests thinking “not only about the things you want to bring into your life, but also how you want to feel, the energy you want to create.” That way, when you take time out to reflect on the goals on your vision board, you’ll trigger those feelings of wellbeing and happiness.

Combined with the sense of mindfulness that reflection brings, this will keep your aspirations at the forefront of your mind



Life coach Jessica Roberts uses vision boards as tools.

Photography: AKHUSAIN

“Think not only of the things you want to bring into your life, but also how you want to feel.”

in a way no other organisational tool could.

When you’re ready to source your images, knowing where to find them is key. Pinterest ([www.pinterest.com](http://www.pinterest.com)) is a great place to start – it’s full of beautiful images of all kinds of things. It’s also especially helpful for finding illustrated quotes that resonate with your goal. Instagram, too, is good for this, but don’t just stick to scrolling your feed. Try searching for different hashtags

Believe





to widen your options – some of our current favourites are #momentsofinine, #theartofslowliving, #seekthesimplicity and #thehappynow.

If you want to use a physical process, rather than a digital one, magazines are a good place to find inspiration. While you can cut up some that you have lying around at home, it's always worth searching out something new. Visit your local newsagent, then stand back and look over the newsstands, searching for images or words that catch your eye. Don't pay attention to whether or not it's something you'd usually read – just pick up what appeals to you visually. Including some personal photos on your board is also a great idea, making it truly unique to you and your life. Whether you dust off that old box of photo albums or scroll the camera roll on your phone, these are the snapshots you recorded for a reason. Use them to create more of these memorable moments in your life.

If you want to engage with your vision board even further, try using it as a tool for a daily visualisation exercise. Athletes have harnessed the power of



**“Visualisation is one of the most powerful mind exercises you can do – it helps to make an idea seem less abstract.”**

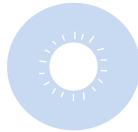
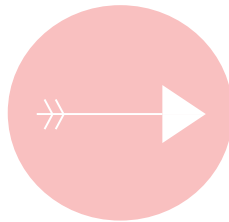
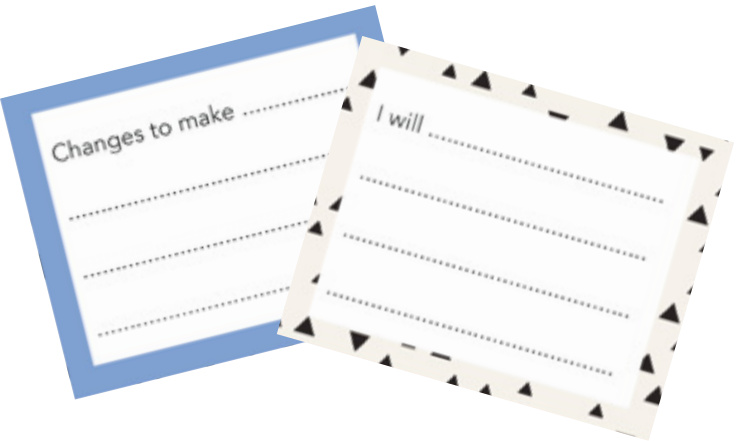
visualisation for years now, with studies proving how the action of imagining yourself in a specific environment, performing a specific activity, greatly improves performance. Many people now apply this same theory to help achieve their personal goals, using their vision board as a jumping-off point to view themselves actualising their aims. Monique Malcolm ([www.keepchasingthestars.com](http://www.keepchasingthestars.com)), creator of the Visionary Journal, uses her vision board as a focal point during her morning meditation. “Visualisation is one of the most powerful mind exercises you can do, and vision boards serve as excellent visual representations of your goal. They help an idea seem less abstract.”

Look over your board, reminding yourself of what you want to achieve, and imagine your goal fully realised. Close your eyes, and immerse yourself

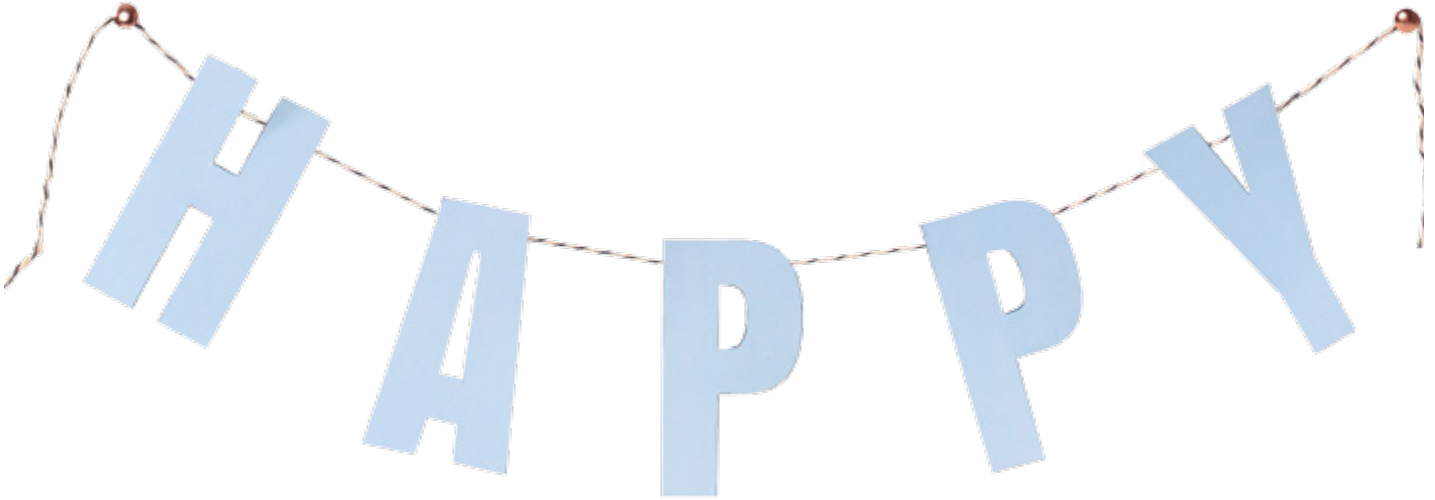
within that visualisation, paying attention to every detail around you. Be aware of your emotions, and of your senses. What can you see and hear? How do you feel? Run through your visualisation frame by frame like a movie, enjoying all your achievement has brought, then open your eyes and carry on with your day. While it may take some practice, as Monique points out: “If you can truly visualise yourself achieving your goal, you are so much closer to making it happen.” For her, that is the ultimate benefit of vision boards: “They give my mind something tangible to grasp which helps make my goals feel more real.”

Whether you use yours to visualise your goals, to plan more purposefully, or simply as a reminder of where you're heading, one thing's for sure – creativity has never been so rewarding.

**VISION INSPIRATION**  
Need some help with your ideas for 2018? Turn to page 69 to see the *In The Moment* team's vision board goals.



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## *Focussing your vision*

THE MORE SPECIFIC YOU CAN MAKE YOUR VISION, THE MORE LIKELY YOU ARE TO ACTUALISE IT. HERE ARE A FEW AREAS YOU MIGHT WANT TO FOCUS ON WHEN CREATING YOUR VISION BOARD...



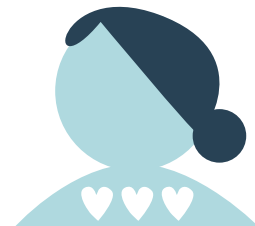
### ***Career***

Think about the strengths you want to use to really shine, and how you want to feel within your ideal job. This could be in your current role; it could be that you are feeling unfulfilled and want to gain the confidence to progress; or perhaps you're thinking about changing the direction of your career completely. Wherever you are right now, creating a vision board will help you to focus on the emotional aspects of what you want.



### ***Personal growth***

If you want to concentrate on personal development, sit down with a pile of magazines and pick out images that attract your subconscious. Choose words and phrases that appeal to where you want to be, then think what path would best suit that. It could be a traditional learning course, or maybe something that allows you to explore yourself more, such as a mindfulness or yoga practice, or a holistic therapy. Try different things to discover what works.



### ***Health***

Instead of making your vision to 'lose weight' or 'join the gym', think about *why* you want to make these changes. If you truly want to adopt a healthy lifestyle, use your vision board to concentrate on how you want to feel – be it more energetic, or just generally more positive about your relationship with your body and food. – and centre your board around this. Do some research online and find some new and fun ways to achieve your goal.



### ***Social life***

It's so easy to let your work/life balance slip, cancelling meet-ups with friends or family due to a long day. By focusing your vision board towards making the most of your 'me' time, you can concentrate on what's important, and allow those goals to fill your mind. Be it spending time with loved ones or embracing travel, your vision board can help to remind you that there's more to life than the daily 9-5, and how to put yourself first.