Creating my Vision Board

1 For **supplies**, I need: a glue stick/rubber cement, poster board/cork board, a pair of scissors, a pile of magazines that I enjoy reading or that attract my attention.

2 Before I begin, I set up a functional **atmosphere** that supports my creative process. For example: I play music that invigorates me; I ensure that I have a clear space to work in; I ensure that no other tasks will compete for my attention while doing this.

3 Now the fun begins with dreaming and visioning what I want to create. I set a **purpose** for this vision board by committing to a theme whether it be 'my contribution', 'my financial abundance', 'my physical health', my healthy (intimate or personal) relationships', my life (which can be life motto, life purpose, living space, style), my professional pursuits', or 'my spiritual connection'. By focusing on a theme it allows me to be clear about what I do want so that I can be clear on what I need to do to achieve this vision (**see goal worksheet**).

4 **Questions** to ask myself:

1. What are my goals?
2. What are my beliefs and what do I value?
3. What invigorates me; what am I passionate about?
4. What would I like to create for myself that I do not have today or what would I like to create more of?
5. What are my career/contribution/financial/personal/ relationship/travel goals?

5 Flipping through the magazines, I **cut** out the pictures that fall within my theme and that I am attracted to - the ones that speak to me personally that I flip back to the page just to look at the image one more time. I am bold and concrete in what I like. I stay in the positive, swim in optimism; if I do not have it (whether it is a material item, a quality within a relationship or a skill) I cut out pictures or words that support me achieving or attaining it.

6 After I have my pictures, I begin to place them on the board and then I **glue**.

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I remember: The page is unlimited. I expand, enjoy and express

(and then submit my vision board to: http://www.uplife.ca/inspired/