



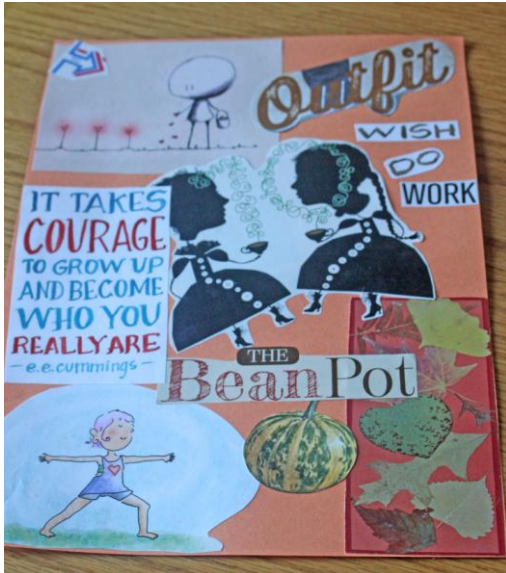
Materials to Use for Creating a Vision Board

1. A blank piece of paper or cardboard. This is the base from which to build the vision board. It can be as large or small as desired.
2. Magazines, old greeting cards, postcards, newspapers, junk mail, bits of scrapbook paper, etc.
3. Glue or tape
4. Paint, crayons, colored pencils.



How to Create a Vision Board

Simply tear out words or photos that speak to you and the life you want to make happen in the coming year. Glue or tape those photos and words to the vision board base. Color or paint around them if desired. Make it your own.



Tips for Creating a Vision Board

1. Don't think too much about the words or the pictures. Use what speaks to you.
2. Let go of perfection - this about finding goals not art for a museum wall.
3. Hang it in a prominent place, somewhere you have to look at it often.
4. Use the words and pictures to formulate priorities that turn into plans of action to make goals and dreams come true.
5. Talk about those dreams and goals; share them with people so that they are given life.