Vision Board Development Template

Vision boards are a great tool for focusing your positive thoughts and energies on reaching your life goals. The ability to envision yourself doing and achieving particular things can help you to focus on those goals and make them happen.

A vision board can be any kind of board, poster or defined space that acts as a placeholder for images, phrases, quotes or illustrations that represent whatever it is that you want to be, do, or have in your life. These images and phrases inspire you and can help you persevere when times get tough and to refocus when you get distracted from your goals.

The images that you use can be stock images that you find inspiring, sketches that you draw yourself, or photos that you take or are taken for you. The phrases and words can be quotes that resonate with you, words that inspire you, or words that name your goals. The goals themselves can be anything; they need not be fitness related. Goals may not all be related. Some may be personal goals, others business or academic goals.

The process itself is quite simple and really based on what appeals to you. To construct your own inspirational vision board you can start by:

1. Identifying areas of your life in which you would like to or have set goals. (There is a whole strategy for goal setting that can be an additional session or activity)
2. Prepare a poster board, piece of wood, or space on the wall to receive your inspirational elements.
3. Look for images, phrases, words, quotes, illustrations, cartoons, etc. that you find inspiring or that resonate with you. You need not find all of the content of your vision board at one go. You may come across an image in a magazine when you are waiting for an appointment or a quote on the ad space on the bus. Cut it out of the magazine if you can, take a photo of it with your smartphone, jot it down, or record/capture it in some way. Collect these elements to put on your board.
4. Group your images in different goals for various areas of your life. For example, if you have specific education goals one corner can be used for the images that represent that goal. The placement and organization are totally up to you. You may want to group images together around an inspirational word, or you may find just scattering images and words across the entire space works better for you.

That's all there is to it. Get started and get inspired!