

Powerful Vision Boards

Whatever you focus on gets bigger!



“Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality.” Earl Nightingale

Benefits of creating a vision board:

1. **Clear Vision:** A vision board gives you a clear visual outline of your business (or personal) goals and objectives
2. **Reminder:** Your board is a daily reminder to keep you on track.
3. **Visualization:** Seeing your board everyday activates the creative powers of your subconscious mind.

4. **Law of Attraction:** Visualization magnetizes and attracts you to the people, resources, and opportunities you need to achieve your goals.

“The best way to achieve your goals is to keep them top of mind, so that you’re always consciously and subconsciously looking for ways to move yourself closer to them-and a vision board is the perfect tool to help you do that.” Jack Canfield, author



Researchers state that 90% of information retained is visual.



According to Mind Tools, 65% of the human population are visual learners



3M says brains process images 60,000 times faster than text using both hemispheres.

Proven Results!

A study by TD Bank shows that small business owners that use visualization-pictures and idea boards to meet their entrepreneurial goals are more confident that they will achieve them.

“BY FAILING TO HAVE A VISION,
YOU ARE STRIPPING YOURSELF OF
EVERY POSSIBLE BLESSING,
RELATIONSHIP AND
OPPORTUNITY.” STEVE HARVEY

Getting Started: Build the Dream First!

Someday people will describe your life with one sentence, go ahead and write that sentence now! Tell your story. Define your life vision.



Ruth Bader Ginsburg

“When we asked her how she wanted to be remembered, Justice Ginsburg said with characteristic modesty, "Just as someone who did whatever she could -- with whatever limited talent she had -- to move society along in the direction I would like it to be for my children and grandchildren. “

What are your goals and dreams?

- Visualize your dreams for your organization or personal life. What are the steps required to achieve these dreams? How will you feel when you realize your dreams? What will your life be like?
- Examine your core beliefs. Do you believe you can achieve your dreams?
- Write positive statements and claim them as future outcomes.
- Create a list of goals that will move you toward your dreams. These should be in line with your mission statement.
- Find pictures that represent or symbolize your goals.
- Make a collage of the pictures or images. Be creative, but make sure the images clearly symbolize the goal. This step can be completed digitally or using actual paper. Keep clutter to a minimum!
- Display your vision board or collage in a place where you see it every day. You can display it in several places. Ideas include your desktop, phone screen, office, etc.

Common themes for personal vision boards:

- Finances
- Relationships
- Career
- Love
- Travel
- Spirituality
- Health / Fitness
- Education
- Giving Back



Organizational Vision Boards:

When creating a vision board for your company, organization, or business, use the following questions:

1. Why does your organization exist? Whose needs are you here to meet and how are you uniquely equipped to do that?
2. How does your organization do business? What principles guide its decisions?
3. What is your work environment like? How do your employees and customers experience that environment?
4. Where does your organization or company aspire to be in 10 years?

Share your vision board with the people that work with you! Vision boards serve as a wonderful tool to engage with your employees, team, and co-workers. By contributing to the board, they are contributing to the future of your organization!



Vision boards are dynamic. Reflect on your progress and make changes frequently. Keep your vision board where you glance at it frequently. Focus on habits that move you toward your vision.

Resources:

[Steve Harvey-Vision Boards - YouTube](#)

[15 Photo Collage Apps You Can Use for Free | Ideas & Inspiration \(shutterfly.com\)](#)

[FREE Vision Board App | Jack Canfield](#)

[\(184\) Pinterest](#)

Kits on Amazon

#Futureboards by Sarah Centrella