Vision Boards with a Purpose

With Hope Wallace | Feb. 17, 2021
WE USE OUR VISION BOARDS TO CALL OUR MANIFESTATIONS INTO EXISTENCE. YOUR VISION BOARD IS AKIN TO YOUR COSMIC SEED CATALOGUE. DECIDE WHAT YOU’LL PLANT AND FOCUS YOUR PASSION ON THIS.

- Shelli Mullins

MATERIALS NEEDED TO CREATE YOUR VISION BOARD:

• A piece of paper or light weight cardboard
• Magazines and catalogs that you can clip words out of
• Scissors
• Glue stick
• Pen and Paper
• Black and white wax pencil (optional for outlining)
• Your 2021 Heart Resolution (see following page)
STARTING POINT: YOUR HEART RESOLUTION

For every year I like to choose a **one word or short phrase** heart resolution to help guide me towards personal growth. This word or phrase will be the focal point of our vision boards in class.

Usually, I do a lot of research, looking up meanings, etymology, reading articles on the topic, collecting quotes, etc. before choosing my word for the year. But some years, like this year, a word starts to jump out to me late in the previous year. I will see it in things that I read, or hear it in conversations, etc.

Take some time to think about the word or phrase that you wish to lead you though the next year of your life and write it down to bring to class. There is no wrong way to choose for yourself, **if it feels right - it is right!**

Examples of words and phrases from years past for myself and friends to inspire you:

- Courage
- Worthy
- Health
- Bloom Where You are Planted
- Lighthearted
- Knowledge
- Strength in Grace
- Onward! (this is my 2021 heart resolution)
I like to find images with no words that have colors that inspire and cover a piece of or lightweight cardboard with as a blanket to lay our words and images for the year on. It can be one image, or multiple.

I tend to choose ones that are not detailed and will not distract from the vision I plan to create atop them, but that have meaning.

On my board I choose flowers to represent growth, and a lamp to represent light, both things that correspond with my overall vision.
NEXT STEPS

Now that we have a base, it is time to snip out our heart resolution word, and to come up with words that support your Heart Resolution and as we flip through magazines and cut them out, if you see an image that inspires you, snip it out as well.

Here are some questions to help you choose some words, take a moment to ask yourself:

- What do I want to Cultivate in 2021?
- How do I wish to communicate who I am to others?
- How do I show up in the world vs. how I wish to show up in the world?
- How do I want to feel?
- What are my anchors (to ground myself so I can handle any storm that comes my way)?
It is time to paste your Heart Resolution for 2021 in the center of the board.

All the supporting words you found, will go around this one main word.

As you paste down each piece think about what it means to you. This will help you when you reflect back on your vision board daily in the future to help keep you on your years path.
Other Ideas and Tips

• If you cannot find your word to cut out, or want it bigger (it is the focal point after all), write it out yourself, or clip different letters from different words to spell it out in a collage of letters.

• Feel free to create a list rather than a collage if that format works better for you.

• If an image jumps out to you that surprises you, go with it even if it is not what you were expecting. Remember, there are no rules - anything goes!

• Feel free to make multiple boards for different areas in your life.

• If it helps you to visualize your goals better, add a photo of yourself to your board.
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• If it helps you to visualize your goals better, add a photo of yourself to your board.
What You Focus on Expands

Once you are done with your vision board, on the back of it write your name, date, and biggest wish for the year. Place your board somewhere you will see it regularly, and every time you pass by, take a moment to recognize it and what it means to you.

Feel free to check in with yourself every couple months, read what you wrote on the back of your board and how it makes you feel. Are you still headed in the right direction? Are you making progress towards your goals? If there is anything you need to change direction on, you can, there is no prescribed way to do this, just do what feels right.
Past Vision Board Examples

A Vision Board of Words

PROMPT: Take a moment and look into the future and focus on the goals you wish to accomplish, how you want to feel, or what you want your life to look like.

Find words in magazines, handwriting them on scraps of paper, or print them out from inspirational websites that speak to you.
A Vision Board of Words

PROMPT: Take a moment and look into the future and focus on the goals you wish to accomplish, how you want to feel, or what you want your life to look like.

Find words in magazines, handwrite them on scraps of paper, or print them out from inspirational websites that speak to your vision. Paste them on these pages to create a collage you can turn to when you need inspiration and encouragement to pursue your goals.

A touch of lightness

I want to wake up being more light-hearted and less uptight.

Friends

I miss my friends. I want to see them more. I want to be a good friend.

Connected

I want to encourage kindness in others by being kind myself.

Kindness

Embrace the imperfect

Imperfections make the charm.

Involve others in your life.

Love

Sweet

Healthy

Greater courage

I want to be a leader in my own life. I want to live a healthier lifestyle.

In all things - especially nutrition.

Living in the present

Walls down. Spirit up.

Greater self-worth

Greater self-love.

Beauty

More design & style.

Open heart

In all things - especially vulnerability.

Greater courage

So many times I want to do just the right thing.

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Final Note

If you do not have time to create a vision board this intricate, I have created a .pdf excerpt from my book, *Gems of Truth and Beauty: A Guided Creative Journal for Personal Growth* (available on Amazon) that you can print out and use for this exercise.

Thank You

Thank you for joining me!

If you have any questions, please reach out to me at thesoullofhope@gmail.com