Making Your Own Vision Board

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What is a Vision Board?

A dream board or vision board is a collage of images, pictures, and affirmations of one's dreams and desires, designed to serve like a source of inspiration and motivation.
Things To Think About Before You Make Your Board

• Do you want to make a vision board with a group or for yourself
• Talk with your supports about your dreams, goals and desires
• Do you want to make one board for many goals or just focus on one goal
• Who can support you with your goals and putting your vision board together
• Decide what materials you would like to make your board
What If You Don’t Have A Board?

You can use:

• A Journal
• A Binder
• A Book
• A Box
• A Jar
• An envelope
Digital Vision Boards

• If you don’t want to gather all the materials for a physical vision boards
• You can make a board on Pinterest or Canva
• These can also be put on your phone on computer to remind you of your goals
• You can also print out your digital vision board and put it on your wall, mirror or refrigerator
Things To Put On Your Board

You can use:

• Words
• Pictures
• Both
Ways To Use Your Vision Boards

• Celebrations
• Accomplishments
• Dreams
• Goals
• Affirmations
Have Fun

No matter what kind of board you do the important thing is to have fun. Feel free to share your boards with me at sandrews@sanys.org