

A Vision Board Guide

WHERE FOCUS GOES, ENERGY FLOWS

By Healthy Living With Tammy

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Welcome to The Guide Series :

A VISION BOARD GUIDE

Welcome to The Guide Series! I am happy you're here! In this guide we will be creating our very own vision board to promote clarity, inspiration, accountability, and action. We will delve into what a vision board is, the benefits of it, how to process, and plan your own. At the end of this guide you will have your own vision board in mind, and created ready for visual clarity of what your mind, body, and soul longs for in your healing journey, and just life in general. But first it takes one thing, commitment. Are you ready to start your vision board journey? If so, LET'S GO!



01

Module 1

UNDERSTANDING A VISION BOARD AND THE IMPORTANCE OF IT

What does a Vision Board look like

What is a Vision Board? It is pretty much just how it sounds, a **Vision** - A visualization or image, thought, idea, or prompt that is placed on a **Board** - such as cork, wood, paper, in a frame, box, or any other structure, using pictures, quotes, drawings, and or objects of an ideal lifestyle that will promote inspiration and motivation to keep pressing onto your dreams and aspirations you desire to have, while being able to physically look at it.

A Vision Board can look different depending on your preferences, goals, and style, but here's a general idea of what it may look like:



The Importance of a Vision Board

How many of us have ideas, visions, and dreams that we would love to happen or come true? It doesn't have to be some extreme concept like being a billionaire, owning a jet, or flapping your arms spinning around and being healed in a flash. All of that sounds lovely, but practical tangible ideas and dreams, that have realistic expectations to come true and happen. Like becoming healthy, by taking practical steps to get there. Doing more of the things you love to do. Working towards a more organized life. Taking on a project you've had in mind for some time. I hope all of us have some sort of goals and dreams or ideas. Now let me ask, how many of us put those dreams and goals onto paper so we can be reminded of it, or let alone act upon it, and make it happen. Most would say, it stays just a thought most of the time. Now the reason for that is quite easy to identify. Those goals, dreams or thoughts, get tangled up in your daily life making the sight of it further and further. But when we create a Vision Board it helps us to be reminded of what we have longed for. It puts us in a place to want to chase the dreams and goals and ideas we have. It places a profound thought onto paper so we can constantly be reminded of it, which fosters a want to make it happen. It creates inspiration. When we create a Vision Board it helps us to make those dreams happen. Vision Boards are for everyone, in any walk, season, or area in life! There is such an importance to creating this Vision Board. Here are some examples of a Vision Board making dreams, goals, and ideas happen.

What happens when you want to be healthier, but it stays just a thought because you can't visualize how to get there or what the end result will look like, or you've lost your motivation? It most likely won't happen. A Vision Board will consistently remind you of the end result to healthiness, which promotes happiness. When you see the inspiration, and attitude behind it, you will want to keep going and working towards your goal, even when it gets hard, because you can physically visualize that goal you have, and the possible end result. Not just in health, but same goes towards, hobbies, jobs, projects, wealth, happiness, spirituality, personal development and more. The importance to a Vision Board, is to keep your dreams near, and the motivation and inspiration a livable reality, through your aspirations and creativity to physically visualize.

**“Believe you can, and you’re halfway there.”
- Theodore Roosevelt**

Roadmap of a Vision Board

THE BASE OF YOUR JOURNEY:
"WHERE AM I NOW"

THE DESTINATION:
"WHAT DO I LONG FOR"

THE PATH TO GET THERE:
"HOW CAN I MAKE IT HAPPEN"
"WHAT ARE THE STEPS"

MILESTONES AND MOTIVATORS:
"PROGRESS OVER PERFECTION"
ADD REST STOPS AND CHECKPOINTS
ALONG THE WAY

CREATE THE DESTINATION:
THROW IT ONTO PAPER,
DECORATE, CELEBRATE NEW
BEGINNINGS AND TAKE OFF!
HAVE FUN!

REFLECT AND REVISIT:
ITS OKAY TO ADJUST THE PATH,
REVISIT OFTEN AND CELEBRATE
THE PROGRESS ALONG THE WAY



DREAM BIG.

START SMALL.

ACT NOW.



02

Module 2
PLANNING YOUR DESTINY

The First Steps

IDENTIFY YOUR “WHY”

This is an important step to creating your Vision Board. It's the first step. When we identify our “why” for why we are doing this, it acts as a reminder on the days we get lost and a little tangled in the road blocks. Take a moment to identify your “why” What's the reason for you to take the steps and create this Vision Board, why is it important?

Write it down below

MAP OUT YOUR GOALS PT.1

Most of us have took on this Vision Board project, as a mental health stepping stone. Most of us are looking for our results mentally, as an emotion, feeling, or thought. Now that you have your why, let's figure out the what. What do you want to achieve throughout this project mentally? In a few sentences write out the things you would like to see a shift in, in the end result. E.g.- Happiness, Healthiness, Forgiveness, Peace, etc. This step is helpful throughout the year. It acts as a stepping stone to first, find practical goals for yourself, and, to remind you throughout the year why you have set the goals you have.

Mapping out your Goals pt. 2

It's time to throw our thoughts onto paper, this doesn't have to look perfect, and this is not our vision board, but it will give us great idea for planning it out. Here is where we will write our thoughts that come to mind. The center, will act as ourself, the points going off of that, will be the things most important to us during this project. Here is an example page, the next page will be yours to get creative with! You can make this as long or as short as you'd like! The more you have, the more full your Vision Board will be, and easier to create!

MIND MAP

CHALLENGES

- PARTICIPATE IN A HEALTHY EATING CHALLENGE
- MEET A FINANCIAL GOAL I HAVE SET FOR MYSELF
- COMPLETE A DEVOTIONAL OR SELF HELP BOOK

GOALS

- BECOME HEALTHIER BY BEING MORE ACTIVE

MY NAME

DAILY LIFE

- BECOME MORE ORGANIZED
- HAVE HEALTHIER FOOD IN MY PANTRY
- PAY IT FORWARD MORE OFTEN
- TAKE MORE TIME FOR MYSELF
- GET OUT IN NATURE MORE

DESIRES

- TRAVEL MORE
- HAVE MORE FINANCIAL STABILITY
- SPEND MORE TIME WITH MY GRAND BABIES

Mapping out your Goals

It's time to throw our thoughts onto paper, this doesn't have to look perfect, and this is not our vision board, but it will give us great idea for planning it out. Here is where we will write our thoughts that come to mind. The center, will act as ourself, the points going off of that, will be the things most important to us during this project. You can make this as long or as short as you'd like! The more you have, the more full your Vision Board will be, and easier to create!

MIND MAP

CHALLENGES

GOALS

DAILY LIFE

DESIRES

The Itinerary

When traveling, an itinerary can be a very helpful tool, but there are some people that like to go without, and that is totally okay! However in this step to creating our Vision Board, I highly recommend to create an itinerary of what we can do to make our dreams, goals, and thoughts come true! Under each section, put one of your dreams, goals, or thoughts, you listed on the page before, under that, list practical ways you can achieve each of those things. This page will act as a motivation when you get a little lost, or you just need a boost when you're feeling stuck.

01

02

03

04

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03

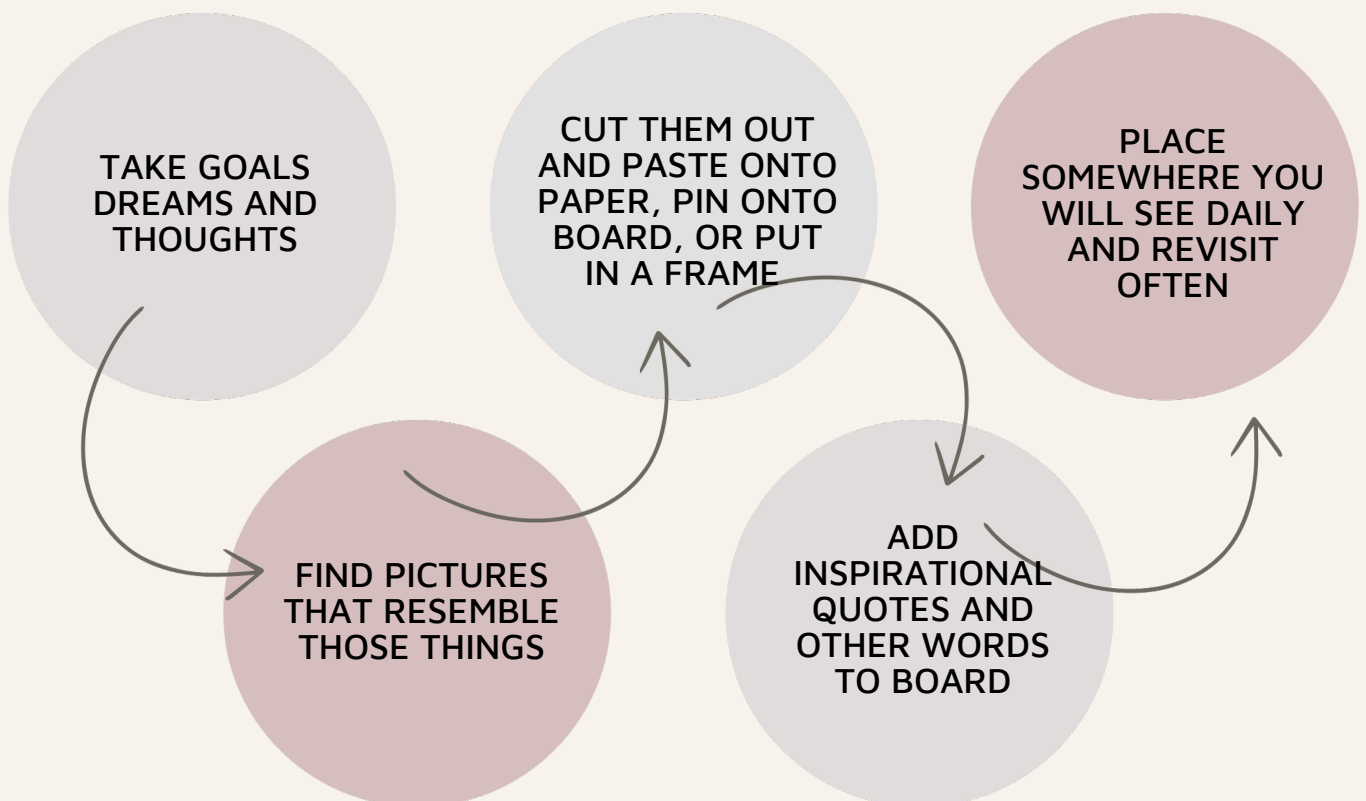
Module 3

CRAFTING YOUR VISION BOARD

Gathering Materials

Now is a perfect time to gather those magazines, newspapers, cut outs from boxes or other mail. Grab your poster board, paper, cardboard, cork board, magnetic surface, or anything else that will be the base of your vision board. Let's get crafting!

Crafting your Vision Board



Find and Cut

Now that you have gathered your material, it's time to look through them, and find images that represent your thoughts, dreams, and goals. When you have found images that are alike, cut them out and set them aside! Look for quotes and inspirational words along the way, those are great too for your vision boards!

Lost of what to look for? Here are some examples that might be relative to your goals!

If your goal is

Health related, look for, recipies, runners/walkers, swimmers, water, trails, supplements, yoga, sports, healthy meals

Financial related, look for, a notebook as a reminder for budgeting, objects that associate with things you may want to have, like car, house, boat, clothing

Self Related, look for natural elements that could represent the self you want to be, when you think of certain elements what emotions or feelings does it give you? Look for things you associate self love with, look for growth, weather it's plants, animals, or humans.

**STRENGTH DOESN'T COME FROM WHAT
YOU CAN DO; IT COMES FROM
OVERCOMING THE THINGS YOU ONCE
THOUGHT YOU COULDN'T." - RIKKI ROGERS**

Cut and Paste

This is almost the last step to creating our Vision Boards. Now it's time to take the images and quotes we found and cut out, and paste them on whatever surface we are using. Everyone has their own preferences to what they use, and that is perfectly okay! Just use something that your images will be stuck to, and that you can place it somewhere you can be reminded of often! I love to use cork or a magnet board, but plain paper, or cardboard works well too! Time to get crafty and place your images wherever you'd like, make it fun!

Glue, pin, tape them down!



Paste and Revisit Often

You may have thought that pasting the images to your board was the last step. It most definitely is not. We have created these Vision Boards for them to not just be another thought, dream, or goal that gets lost in the daily chaos and challenges of life. We have created them as a reminder, for the thoughts, dreams, and goals we want to chase, and will chase!

Place your Vision Board in a spot that you won't just look past everyday. Place it as a reminder, this is what you want in life, and this is what you can get in life. There is no goal too far to achieve with the right mindset, heart, discipline, and patience, if it's in your best interest for it to happen. Dreams take time to achieve, but I believe you can do it.

In closing of this guide,
I want to thank you for being dedicated to making the step to craft and create a Vision Board in best interest for you. I hope this guide has been a helpful tool, and will continue to be throughout the year. There is lots in store for you, through health and happiness, thoughts, dreams, and goals. May you always be reminded there is no mountain too big, or deed too small.

— Healthy Living with Tammy



A Letter to Yourself

Use this last page as a space to go easy on yourself. Forgive yourself of the past, and give yourself grace for the future. Write a letter of encouragement to yourself. You are beautiful. You are strong. You got this.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.