

5 Strategies for Creating a Vision Board



The Mecca of Black Wellness



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Appropriate goal setting and a commitment to accomplishing said goals can help impact emotions positively, influence one's sense of self, and provide structure and focus. Although there are many strategies to creating and remaining consistent with goals, visualizing goals through a vision board can help increase goal sustainability. Below are five strategies to help make the perfect vision board tailored to your needs.

1. Set your intention.

- Ask yourself if your vision board is supposed to represent your lifetime, yearly, monthly, weekly, or even daily goals. This will help prevent vague goals/intentions.
- Proper and specific goal intention helps with attaining goals.
- For example, instead of saying, "I want to be more organized," try "I plan to document at least five tasks in my journal each week" or instead of saying "I am going to work out more," try "I will work out 3-4 times each week."

2. Create attainable goals.

- Ensure that your goals are not "too big."
- Create goals that you are willing to commit to and invest time in.
- Individuals often devote themselves to a plan without being mindful of their availability. An unmet goal/intention can lead to unhelpful thoughts and behaviors, often leaving you to feel like a failure.

3. Be mindful of your surrounding.

- Be aware of your behaviors and emotions when creating a vision board. For example, if you are often more anxious in the presence of others it may be more beneficial for you to create your board alone. Vice versa, if you gravitate to and/or enjoy creating goals with others, plan a vision board party with some of your closest friends.
- Personalize your space and make it fun. Add music, incorporate snacks, etc. Make sure your setting connects to your "vibe."

4. Be sure your vision board is visually appealing to you.

- There is no set structure to creating a vision board. Remember to personalize it to your eye.
- This may include incorporating pictures from a magazine, your favorite quote, specific colors, matching font, abstract designs, etc.
- If you plan to hang it up in your house, make sure that it goes well with your décor if this matters to you.

5. Carve out enough time for yourself.

- You must set enough time for yourself to complete your vision board. As stated previously, you must create a calming space catered to your needs; this includes ensuring that you don't feel rushed.
- Please note that a vision board can also be ongoing. Do not feel pressure to finish your vision board in one day

Let's Get Started!

Creating a vision board

Consider pre-work questions

- What do you envision for this upcoming year that brings you joy and happiness?
- What are your financial goals?
- What do your relationships look and feel like?
- How do you plan to improve your health and wellness?
- How do you want to grow spiritually?
- What emotions do you want to feel in 2022?

Materials needed

- Notebook & pen
- A photo of yourself
- Poster board/ Cardstock (color of your choice) to attach images onto
- Variety of magazines (at least 10)
- Scissors
- Glue Stick
- Latest version of Zoom

Creating a digital vision board

Create an account on canva.com

- Select "Create a Design" to create your own design from a blank template and choose either **Phone Wallpaper** or **Desktop Wallpaper**
- Search **Vision board** for a pre-created template

Start designing!

- Select your favorite font, add shapes, text boxes, and colors to bring out your theme
- Incorporate affirmations, values, and goals

Download your design as a PNG and upload it as your desktop wallpaper or phone wallpaper as a daily reminder of what you will accomplish in 2022

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Guest Contributor

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