



How to Create A Vision Board – *iRock Style*

*Learn how to create your vision
board in 6 easy steps!*

What is a Vision Board?

Yes, we must answer this question first.

A vision board is a visualization tool which refers to a board of any sort used to build a collage of words and pictures that represent your goals and dreams. It's an interactive way for you to touch, feel, and see your vision. It will be a constant trigger for you to work towards your goals. If done right, you can see your vision come to pass.

The funny thing is, it's called a vision board but you can actually use whatever tool you think will help you bring your vision to pass. Alternative items to consider are

- mini-poster board
- mini-trifold poster board that can be used for people that travel
- bulletin board
- scrapbook
- planner

You can create a board on your own, have a party and invite others to join you, or attend a workshop that adds an element of coaching to it.

Whichever way you decide to create your vision, follow these six simple steps to get your vision rockin' and rollin'!

1. Brain dump and create a list of goals you'd like to achieve. Use the S.M.A.R.T. worksheet as a guide.
2. Divide your board into sections that support your goals. Examples can be:
 - a. Business
 - b. Career
 - c. Home
 - d. Spiritual
 - e. Finances
 - f. Relationships
 - g. Weight Loss
 - h. Personal/Professional Development
3. Find visual items to represent and support your goals
 - a. i.e. photographs, images from a magazine or the web, scrapbook stickers, or whatever inspires you.
 - b. Feel free to be as creative or as non-creative as you want to be. Remember, it's your board. You don't have to be an artist to create our vision.

- c. Consider including a picture of yourself in a happy moment.
4. Consider adding motivational and/or affirmation words, inspiring quotes, scriptures, or even poems that represent how you want to FEEL. I.e. “courage,” “love,” or “imagination.”
5. Organize your items
 - a. Place in or near the divided areas so you can visualize how your board, wall, or binder will look.
 - b. Keep it neat. Avoid creating a cluttered or chaotic board as you don’t want to attract chaos into your life.
6. Now the fun part! Paste the items to your board, wall, binder, or whatever tool you decide to capture your vision.

Last but not least, take a few moments to review your vision board every day, especially when you wake up and before you go to bed. The key is to see what you want and then work on your goals consistently.

S.M.A.R.T. Goal Worksheet

Today’s Date: _____ **Target Date:** _____ **Start Date:** _____

Date Achieved: _____

Goal: _

This goal is important because:

The benefits of achieving this goal will be:

Steps to make a goal S.M.A.R.T.

Specific: *What exactly do you want to accomplish? Be Specific.*

Measurable: *How will you know when you have reached this goal? Identify exactly what it is you will see, hear and feel when you reach your goal.*

Achievable: *Is achieving this goal realistic with effort and commitment? Do you have the resources to achieve this goal? If not, how will you get them?*

Relevant: *Why is this goal significant to your life?*

Timely: *When will you achieve this goal? Set a date or timeline to get it done.*

Now, take ACTION! Think through the potential obstacles and then write potential solutions.

Potential Obstacles	Potential Solutions
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Support: *Who are the people you will ask to help you?*

Specific Action Steps: *What steps need to be taken to get you to your goal?*

What?	Expected Completion Date	Completed
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____