

Put your personal vision “up in lights”



Happy 2018! A new year is a good time to focus on fresh goals. And one of the most powerful ways to do this is by creating a vision board.

What's a vision board?

It's a display — created by you — of words, phrases, articles, pictures or items that inspire you. Or they might represent something you'd like to achieve.

Think of it as a collage of your feelings, thoughts and plans. Whenever you see an item that represents your aspirations, put it on your board.

How does a vision board help you?

We all absorb and react to information in different ways. One of the most powerful is through what we see — or “visual cues.”

Visual cues serve as strong reminders and reinforcements. Traffic lights are a good example of visual cues. You always know that red means “stop,” green means “go” and yellow means “slow down.”

Vision boards work the same way. When you look at your vision board, you see words, phrases and pictures that make you feel confident, motivated and inspired. Each time you see your board, you're reinforcing your commitment to yourself and your goals.

How do you make it?

You can use any kind of surface where you can tack, pin, tape or attach things. For example, try a cork bulletin board or poster board.

You can also make more than one vision board. For example, you might want to have one at home and one at work. That way you can nurture personal motivation wherever you are.

Make it your own

There are no rules for vision boards so create whatever's meaningful to you. Add or change things as often as you like. Seeing your board each day can add momentum and energy to your visions.

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