



Vision Board 2021

MAPPING THE FUTURE OF WHERE YOU'LL GO,
WHAT YOU'LL DO AND HOW YOU WILL LIVE IN
TIMES TO COME THROUGH IMAGERY AND WORDS

A Dare Boldly Art Presentation
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[illegible]

***Get comfortable where ever you're seated (or if you wish, lie on the floor)
Listen to the guided visualization -***

<https://drive.google.com/file/d/1uvc9hkocdE0T4QNXB3kAcNWLBBYrBoa/view?usp-sharing>

CLICK HERE

LIST

loyful
daily yoga routine
feeling fit
lost 30 lbs
bought my own home
live on a golf course
Love my new job
got promoted
am in an amazing relationship
with the man of my dreams
every day I wake up excited
learned to play piano
took up photography and am loving it
got a dog
have been named one of city's
Top 40 under 40
Larned French
gave my first speech in public
released a new song
created my dream job

Areas of My Life

Career

Got new job
feeling fulfilled
and challenged
got promoted
received an award
in my field

Relationships

...

Health & Well-being

...

Spirituality

...

My Time for Me

...

Passions

...

Vision Board Process

Getting Clear

Once you've visualized your year and 'seen' the words and images as you opened the books in the visualization, it's important to capture them on paper. You can simply sit quietly and write them and group them into themes, ideas, areas of your life - like health, career, travel, relationships, spirituality, emotional well-being, areas of growth...

Or
you can create a mindmap that will help you expand upon your list of words and group them into areas of life important for you to depict on your Vision Board.

To create a mindmap -
draw a circle in the middle of a blank piece of paper
write a keyword from your list in the circle - i.e. Writing
then quickly, without 'thinking', write whatever comes to mind when you see the word 'writing'

ALL GOOD THINGS
ARE WILD AND FREE

experience
the JOY

Finding the Story

Quadrants

Career

Well-being

Home

Passions

Relationships

2021

A+

Vision Board Process

Getting Started

Before you begin to cut and paste and glue, turn your canvas (paper) over and in the top right hand corner, print a **BIG A+**

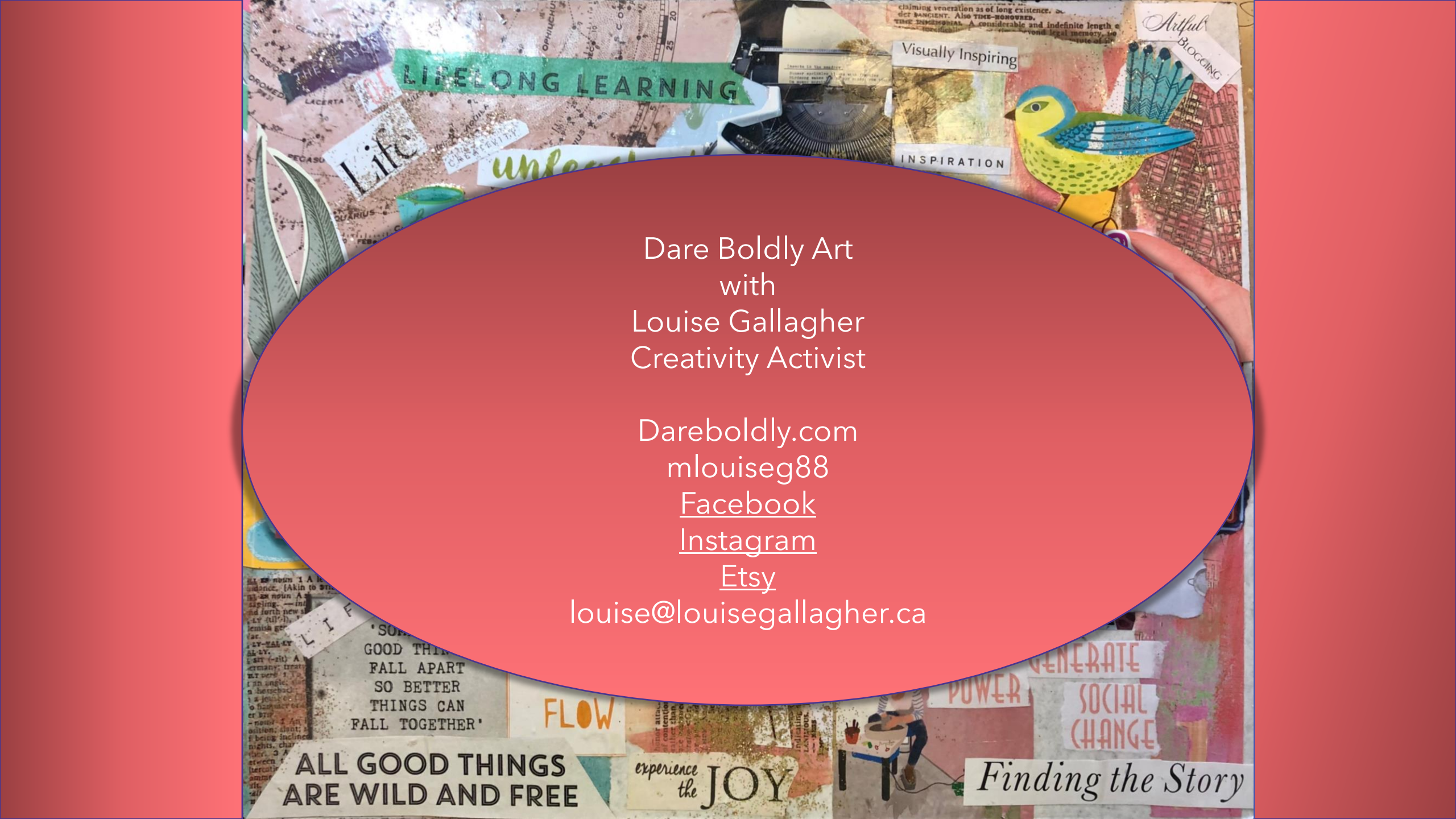
There is no right nor wrong, no perfect way to create a Vision Board.

And... now no matter how you do it, you've already earned your **A+** so there's nothing to worry about! You can't fail! You've already passed with flying colours.

I like to put down a patterned paper so that my canvas isn't so blank which can sometimes feel daunting.

I like to cut out pieces of coloured paper, I even use some of my old art work and cut it up and paste it down -- and then... I have fun creating images and words that highlight the life I've envisioned.

You can chose to create in quadrants, or you can make your board a snapshot of the entirety of your life in one giant picture. You can create only within certain areas or ick just one - it's entirely up to you -- your board. your vision. your life. Above all! -- HAVE FUN!!!!



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