

VISION BOARD HOW-TO GUIDE

CREATING A POWERFUL VISION BOARD

WHETHER YOU'RE A PERSONAL DEVELOPMENT ENTHUSIAST, A CREATIVE INDIVIDUAL, A STUDENT, OR A CAREER PROFESSIONAL, A VISION BOARD IS A VALUABLE TOOL TO BRING YOUR DREAMS AND ASPIRATIONS TO FRUITION.

IN THIS GUIDE, YOU'LL LEARN HOW TO CURATE IMAGES, AFFIRMATIONS, AND INSPIRING QUOTES TO CREATE A VISUAL REPRESENTATION OF YOUR GOALS AND DREAMS. LET'S GET STARTED!

BRING YOUR VISIONS TO LIFE!

TO CREATE A TRADITIONAL, CUT-AND-PASTE VISION BOARD, GATHER THE FOLLOWING MATERIALS:

- POSTER BOARD OR CORKBOARD
- SCISSORS
- GLUE OR PINS
- MAGAZINES OR PRINTED IMAGES
- MARKERS OR PENS
- STICKERS OR EMBELLISHMENTS

IF YOU PREFER A PRINTABLE OR DIGITAL VISION BOARD, YOU CAN SIMPLY USE OUR PROVIDED TEMPLATES. SEE TOOLKIT INTRODUCTION FOR INSTRUCTIONS.

MORE TIPS & SUGGESTIONS

- **CHOOSE IMAGES THAT ALIGN WITH YOUR GOALS:** ENSURE THAT EACH IMAGE REPRESENTS A SPECIFIC ASPECT OF YOUR VISION AND CONTRIBUTES TO THE OVERALL MESSAGE YOU WANT TO CONVEY. MAKE SURE THE IMAGE MEANS SOMETHING TO YOU!
- **DON'T FORGET TO UPDATE THE BOARD AS GOALS EVOLVE:** AS YOU GROW AND CHANGE, SO DO YOUR ASPIRATIONS. REGULARLY ASSESS YOUR GOALS AND UPDATE YOUR VISION BOARD THROUGHOUT THE YEAR TO REFLECT YOUR EVOLVING DREAMS.
- **PLACE THE VISION BOARD IN A VISIBLE LOCATION:** DISPLAY YOUR VISION BOARD IN A PROMINENT PLACE WHERE YOU'LL SEE IT DAILY. THIS IS WHERE OUR DIGITAL WALLPAPER TEMPLATE COMES IN HANDY! THIS WILL SERVE AS A CONSTANT REMINDER OF YOUR ASPIRATIONS AND KEEP YOU MOTIVATED.
- **LOVE YOUR NEW LOCKSCREEN WALLPAPER?** SHARE A SCREEN SHOT AND TAG @PINKYPUNKYPROJECTS! I'M EXCITED TO SEE HOW YOU BRING YOUR VISION TO LIFE!



STEP-BY-STEP GUIDE TO CREATING A VISION BOARD

STEP 1: CHOOSING THE RIGHT IMAGES

SELECTING THE RIGHT IMAGES IS IMPORTANT FOR CAPTURING THE ESSENCE OF YOUR GOALS. CONSIDER IMAGES THAT INSPIRE AND RESONATE WITH YOU AND YOUR ASPIRATIONS. LOOK FOR VISUALS THAT EVOKE THE EMOTIONS AND FEELINGS YOU WISH TO EXPERIENCE WHEN YOU ACHIEVE YOUR DREAMS.

STEP 2: ARRANGING THE IMAGES EFFECTIVELY

ORGANIZE AND ARRANGE THE IMAGES ON YOUR VISION BOARD IN A WAY THAT MAKES SENSE TO YOU. YOU CAN GROUP THEM BY THEME OR PLACE THEM IN A CHRONOLOGICAL ORDER REPRESENTING YOUR JOURNEY TOWARDS YOUR GOALS. EXPERIMENT WITH DIFFERENT LAYOUTS UNTIL YOU FIND THE ARRANGEMENT THAT FEELS MOST EMPOWERING AND MOTIVATING TO YOU.

STEP 3: USING AFFIRMATIONS AND QUOTES

INCORPORATE AFFIRMATIONS AND INSPIRATIONAL QUOTES THAT REINFORCE YOUR VISION. WRITE DOWN POSITIVE STATEMENTS AND EMPOWERING WORDS THAT ALIGN WITH YOUR GOALS. THESE AFFIRMATIONS WILL SERVE AS REMINDERS OF YOUR CAPABILITIES AND HELP MAINTAIN A POSITIVE MINDSET WHILE WORKING TOWARDS YOUR ASPIRATIONS.

STEP 4: REVIEWING AND UPDATING THE BOARD REGULARLY

REGULARLY REVIEW YOUR VISION BOARD TO KEEP YOUR GOALS AT THE FOREFRONT OF YOUR MIND. AS YOU PROGRESS ON YOUR JOURNEY AND YOUR GOALS EVOLVE, UPDATE YOUR VISION BOARD ACCORDINGLY. ADDING NEW IMAGES, REMOVING OUTDATED ONES, OR MODIFYING AFFIRMATIONS WILL ENSURE THAT YOUR VISION BOARD REMAINS A POWERFUL TOOL FOR MANIFESTATION.