

Vision Boarding Exercise

There are four key elements to achieving positive change:

1. Determine areas of focus
2. Outline a compelling vision of success for each area
3. Set clear and realistic goals to achieve success
4. Keep the vision and goals in sight (literally keep the vision board where it is seen daily throughout the year)

1. Determine Areas of Focus:

Clearly defined areas of focus help to direct daily energy into activities aligned with priority values. The powerful element of this, is that ***energy is aligned both consciously and unconsciously towards making a vision reality once a vision is created*** (you don't have to always work at it!). Therefore, the first step in vision planning is to clearly define areas of focus for the year. The Holistic Assessment Tool can help to determine focus areas. Use the tool to get an idea of different potential focus areas and to assess current satisfaction with each. Focus areas may include those that currently have low satisfaction and could improve, or those that are currently strong that you want to remain a high priority.

Some additional examples of focus areas:

- Friendships
- Faith
- Career
- Specific relationships (e.g., marriage, parenting)
- Creativity level
- Energy level
- Communication skills

2. Outline a compelling vision of success for each area

Create space on the vision board for each area of focus. The clearer the vision (i.e., what do you see, hear, smell, feel, think, and do in the successful vision for each area), the stronger the alignment of daily energy and therefore realization. Use colors, words, and/or images that bring the vision of success to life in each area. For example, for the chosen focus area "family", the related vision board section might have "Family" written out in colorful letters surrounded by pictures showing scenes you would like your family to participate in (e.g., eating dinner together), or words that resonate with what you would like your family state of "being" to achieve (e.g., "close bond" or "support each other"). Take time to feel what success in each area is like and create the vision in as much detail as possible.

3. Set clear and realistic goals to achieve success

Once the vision for success is outlined, the next step is creating a path to get there. This helps provide tangible action steps that give a feeling of purpose and accomplishment towards realizing the vision. Using the SMART goal acronym (**S**ustainable, **M**easurable, **A**chievable, **R**ealistic, **T**ime Frame), write out goals on smaller sticky paper (or directly on the board) in another color to help them stand out.

Example:

Vision focus area: Family

Vision Graphics: Picture of family eating dinner together, words “sharing”, “support”

SMART Goal: Prepare dinner and sit down to eat with all family members present 4 week nights per week from March through December

1. Keep the vision and goals in sight (literally keep the vision board where it is seen daily throughout the year)

Place the completed vision board in an area where you will see it daily. A good place is somewhere semi-private and quiet that allows for reflection (e.g., on a closet door or bedroom wall). Most important however, is that the vision board is in plain sight every day. Each day spend time (whether this means active reflection, or just a glance) with the vision board. It is helpful, as many days as possible, to reflect on goals and assess progress. However, just seeing the vision board daily (even without focusing on it) will allow both the conscious and unconscious mind to direct energy towards creating the successful vision throughout the year. The more that each focus area comes alive on the board and triggers feelings when viewed, the more strongly it will focus the energy of the unconscious mind even with a glance. Many times, a successful vision is created throughout the year by means that are unexpected / unplanned. Therefore, do not worry if a vision seems difficult to achieve or if it does not happen quickly. Instead of feeling discouraged, spend more time daily focusing on the vision and bringing it to life in the mind through envisioning what success feels, looks, sounds, tastes, and smells like. At the end of the year, take time to reflect on success and build forward into the next year.

Holistic Self-Assessment Tool

