
HOW TO CREATE A VISION BOARD

and why they work



Patio en Ruzafa Valencia (Spah)



гостинка в скандинавском интерьере



want to go: Uhate Cofé, in Burzfa



Ubik Cafè Cafeteria Librería, Valencia, Spain via...



Dulce de Leche - Ruzafa, Valencia



Try decadent churros and chocolate in #Valencia...



valenciaSpain - bougainvillea walkway



Valencia (Spain). Pista Las Arenas



48-hour-in-valencia



Scandinavian Love



Image of flat in calle de Iluis de Santàngel, 20...



Image of flat in calle de Iluis de Santàngel, 20...



Joanna Opoku | Life Coaching

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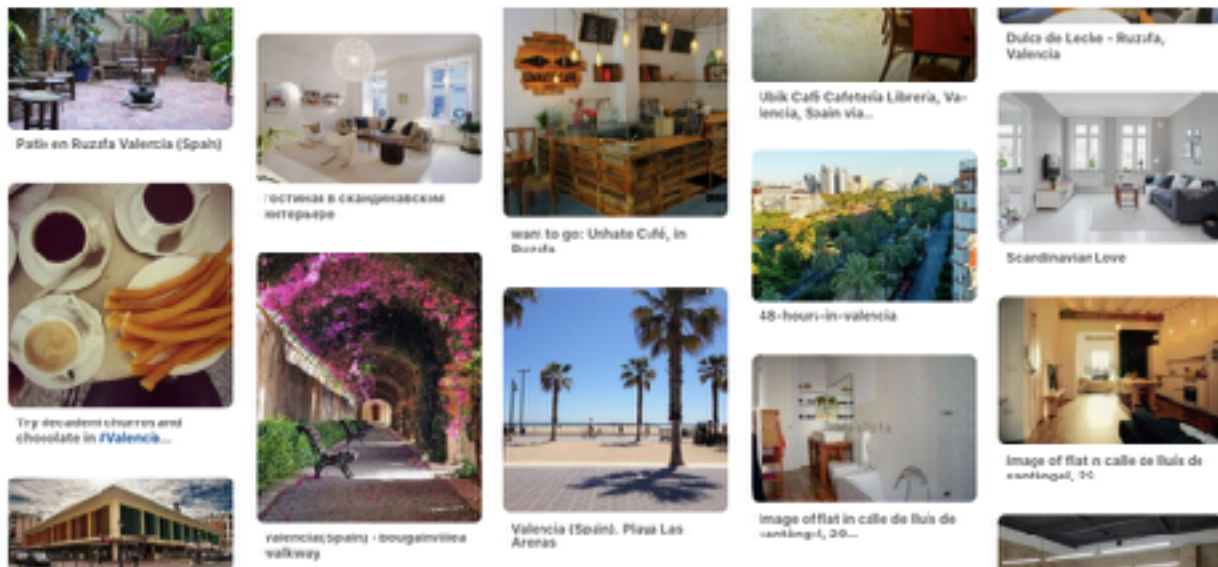
Intro to vision boards

What is a vision board?

A vision board is like a collage. It features a series of images relating to a goal or dream you want to pursue and achieve. It can be in a digital or paper format.

I love vision boards because they help me to focus on what I want. They are a great way to visualise your goals and make them more concrete in your mind.

Creating a vision board helps you to get excited about your dream; you'll start to picture what achieving it looks like. A vision board acts as a reminder and encourages you to take positive action.



My vision board story

The big dream

The first time I really started using vision boards was when I decided that I wanted to move to live in Valencia in Spain. I'd read a few books that mention how powerful a vision board can be in helping you achieve your goals, so I thought I'd give it a go. I knew that I definitely wanted to move to Spain, but I also knew that I had to get over any fears around actually making it happen.

Here's what I did

I created a vision board using Pinterest, and called it 'I live in Ruzafa' (my neighbourhood in Valencia). I selected any images that I felt related to how I wanted my life to be in Spain, that made me feel happy and excited.

I picked images of the streets I wanted to walk around in, the cute cafes I could picture myself hanging out in, a cool co-work space I'd spotted on a previous visit.

I had images of the sort of flat I wanted to live in: modern, simple, bright.

I chose a picture of a minimalist pilates studio, of a beautiful park, of the beach I wanted to relax at during weekends.

What did I do next?

I'd look at my vision board at every given opportunity. Whenever the thought of moving to Valencia popped into my head, I'd take a look at my vision board and dream. I'd look whenever I had a spare moment, waiting for someone to answer the phone, waiting at a bus stop, sat in bed.

Every time I'd open up the Pinterest app and take look at my vision board I'd feel a buzz of excitement. Looking at it helped me believe that my dream could be possible. I could picture the life I had created, that I wanted to lead. It started to feel possible, and real. It helped with summoning the motivation to go for it and make it happen.

The outcome

I spent several months thinking about moving to Valencia and planning how it might work out. What did I actually need to *do* to make it happen?. I took a trip there and worked from an Airbnb for a week - to test out working remotely and get more of a feel for the place. I made list upon list of what I'd need to do, sort out renting out my flat, deal with any work logistics, look into cost of living and the rental market. I started taking action and ticking things off the lists. All the while keeping my vision board close to hand to remind myself of my dream.

After a second visit to Valencia, I bit the bullet and I spoke to my manager about my idea, and the rest is history. Now, a year and a half after moving to Valencia, I walk through the streets I'd captured on my vision board. Every day I hang out in the cafes, the co-work space, and the park I'd been dreaming about.

Why vision boards work

My interpretation of why vision boards work is that if you put effort into focussing specifically on what you want, if you use images to help you visualise what you want, and, importantly, how you want to feel, it helps you move closer to achieving your goal. Your goal will be more present in your mind, and you're more likely to take action.

The more you can build a specific picture of what you want, the more real it becomes. The more you focus on what you want, the more open you become to opportunities to make it happen.

I *consciously* thought about how I want to live my life. What do I want to do with my time? How do I want my day-to-day to be? That's the first step to making it a reality.

How to create a vision board

Here's what to do:

1. Set it up

Set up Pinterest or similar app (which act as digital pinboards), or get yourself a pinboard or notebook.

2. Pick a goal

Decide which goal or dream you want to focus on, for example 'my new job' or 'I'm a runner' or 'my trip to Argentina'. Create a digital vision board if you're using an app, with the goal as your vision board title. You can create 'secret' vision boards on Pinterest, that no one else can see. If using a pinboard or notebook, do the same, put your goal as your title.

3. Collect images

This bit's really fun. Start collecting images relating to your goal. With Pinterest you can search using key words or themes, and it starts generating images you might like. Or you can look through old magazines and tear out images, or search online and print images out.

4. Focus on the feeling

Select anything that makes you smile, that makes you feel positive and inspired about your goal. The image might not be an exact representation of what you want, but if it generates the right feeling (contentment, excitement, giddiness, desire) you're onto the right thing.

For example if your goal is to complete a 5k run, you might select images which represent the pride and relief you'll feel after having crossed the finish line. A picture of an athlete coming over the finishing line at the Olympics. Or of a person jumping up in the air on a beach, a massive smile on their face. This represents how you want

to *feel* after your race. You might have images of a couple of athletes you admire, whose achievements or work ethic you'd like to emulate.

Maybe you're dying to visit Argentina, you find an image of a mysterious, elegant couple dancing tango in the middle of a street in Buenos Aires. You select pictures of the amazing food you're going to sample, and the cool restaurants you're going to visit. The beautiful countryside you're going to see. Anything that reminds you of what you want, and inspires *feeling*.

If your goal is to find a new job or change career, you might include images of your ideal place of work (office/home/studio/café etc.), images to represent the sort of environment you want to be in. If you'd like your commute to involve a 10-minute stroll through a park, choose images to represent that. You might include images of the kind of people you'd like to work with, or ideal clients. Add in details of as many aspects as you can think of, to build up a picture of your day.

5. *Edit your vision board*

If you have selected any image that doesn't make you feel great, bin. Add to your vision board as you go along and feel inspired.

6. *Get obsessed*

Now that you've carefully curated your vision board - make sure you look at it regularly, throughout the day. When you wake up, when you're making tea, before bed. Let yourself enjoy the buzz you get from looking at it. Let yourself feel excited. Let yourself be propelled to take a little action step towards achieving your goal.

7. *Create more!*

You can create a series of vision boards to represent a variety of goals, one might be inspiration for your new home, another might be based on your secret dream of opening a café or becoming a writer. You can have vision boards to represent so many aspects of your life, so many dreams.

8. *Enjoy!*

Have fun, get creative, dare to dream, and don't feel a though you have to show your vision board to anyone. It's a place to develop and focus on your dreams and what you want from life. It's for you and you only.

Get started!

The more you focus on what you want, the more likely you are going to achieve it.

When I first created my vision boards I found that it was like my exciting little secret, this little world I'd created where the images brought me joy and motivation. It's a great feeling knowing exactly what you want.

And I've realised that the more you focus on what you want, the more likely you're going to achieve it.

I created a vision board called 'I'm a writer'; before I knew it my boss had asked me to create copy for our website and marketing, and I'd started a personal blog.

I created a vision board called 'I'm a salsa dancer', before long I found a salsa class that I love, and a dance school where I've tried all sorts of dances such as dancehall and blues.

The vision board created to help me on my journey to a new life in Spain has well and truly come to life.

Try it

Creating a vision board is a really useful process to go through to get clear on what you want in your life.

Using visualisations isn't magic. You're training your mind to focus on what you want. Willing yourself to do what you really want. It's about reminding yourself of what's important to you. When your visualisations start to become reality, it feels like magic.