



Vision Board Of Dreams

By Shaun McGill

Vision boards are becoming more and more popular. This is for a good reason because they are a great tool to keep you motivated and focussed on your goals and what you want to achieve in life.

However, creating a vision board doesn't guarantee success like a lot of people think. You actually have to go out there and take action to achieve your goals.

When used correctly vision boards are great for motivation and inspiration. When you bring your goals to life and can vision them it can create far more inspiration than just writing about them. This is because seeing something makes it more real and more believable that it can happen.

For example if you write down you want to buy a Ferrari or if you see a photo of a Ferrari, seeing the photo is far more likely to inspire you to want to buy it. Our brain works in pictures which is why a vision board is a great tool. It enables you to bring your thoughts to life so you can picture them and feel more inspired.

There are many ways to create a vision board and many different things you can have on it, however, I like to keep it simple. If there is too much on your vision board then you won't visualise the things deeply. You want to have a few really inspiring things so you can visualise them clearly. The clearer you can visualise them the better.

In my opinion an effective vision board will include

- Your dream home from the outside
- Your dream home from the inside (choose 2-3 rooms you would spend the most time in)
- Your dream car
- Your dream holiday destinations
- Photos of any dream experiences you would like to have (this could be things like sky diving or jet skiing)
- Your dream body (a photo of the person you would like your body to look like)
- If you are single a photo of your dream partner (ideally a celebrity otherwise if someone sees your board with a random person you took a photo of the street they might think you're a bit creepy)
- If you are not married but would like to then photos of where your dream wedding would be and where your dream honeymoon would be
- If you don't have kids but would like them then a photo of a family happy together (again look for a family on TV or from a film rather than take a photo of a random family on the street)

You could add photos of other things you would love to own or you could add anything else that inspires you, but to be honest I would keep it to these things. The above list will help you to visualise your dream life and help to inspire you to take action every single day.

Everything on the above list is what I have on my vision board. In fact I am greedy and have 6 ideal celebrity women on mine 😊

To create your vision board you can do it in two ways. The first way is to get all these photos and stick them on a wall in your room or on a board and stick that up in your bedroom. This is the best and most effective way as you see it every day. If you can do this then I would definitely advise doing it this way.

The second way, which is the way I have used, is to create a slide show of your vision board on PowerPoint. This isn't quite as effective as you have to actively log on your computer to look at it but it can still work if you look at it every day.

Once you have created your vision board you will want to look at it every day, morning and night, and visualise having already got these things. You will want to visualise in particular how you feel. The more vivid you can imagine having already got these things and the feelings they give you the greater they will inspire you. It's not just having these things which inspire you, it is more the feelings these things will give you which inspires you.

Remember creating a vision board doesn't guarantee success like a lot of people think and motivational gurus tell you, what it does is inspires you to take action. Taking the necessary action is what guarantees success which is why every tool such as the vision board which inspires you to take action is invaluable.

This is a really fun task. The most important thing is to make sure what you put on your vision board inspires you. If you look at it and it doesn't inspire you then change what you have on it until you find the photos which do inspire you.