

How to Use Vision Boards to Help You Manifest Your Dreams

If you have never heard of a vision board before, it is simply a board that you can reference to reinforce some message about yourself or your goals.

The official definition is:

“a collage of images and words representing a person’s wishes or goals, intended to serve as inspiration or motivation.”

In general, you place information and pictures on your vision board that represents aspects of your life. It could be personal, professional, or both. You can have separate vision boards for personal and professional purposes if you wish.

The Pros and Cons of Vision Boards

One of the most significant benefits of a vision board is you can refer to it whenever you need inspiration or an aspect of your life changes in some way. You can update the board to reflect those changes.

Another pro (but possibly also a con) is that you can put whatever you want on a vision board. That’s great, but if it doesn’t help you with your goals, it may not be as beneficial to have it on the board. In fact, it could hinder your progress as it takes up prime real estate on your board. Nothing is set in stone on your board, however. If you find something on your board that isn’t working, take it down.

Vision boards are not for everyone. Some people find them to be a waste of time. They spend lots of time finding items to place on the boards and then never refer to them again. They could have spent their time more productively.

How To Get Started With Vision Boards

It's easy to get started with creating your vision boards. You can find everything you need at art stores, office supply stores, Amazon.com and even stores like Dollar General. I recently got a pack of poster boards from Dollar General for only \$4 and that included 3 poster boards and self-adhesive letters for adding words to your vision board. You can find a selection of poster boards, shapes and letters at <https://amzn.to/2V3v2fP>* to give you ideas, even if you buy your supplies from somewhere else.

Your vision boards need to be placed where you can look at them frequently, to remind you of the goals you are aiming for or the things you want to manifest in your life. When you choose your poster boards, make sure you get a size that will fit in the place you intend to display them.

You can use colored pens, pencils or brush pens to add color to your vision board or to add words if you don't want to use ready-made adhesive letters – you can find a wide choice to fit every budget at Amazon – check them out at <https://amzn.to/2LgPCor>*.

You'll also need some glue to stick the pictures to your board – stick (pardon the pun!) to artists glue or school glue as you don't need it to be too strong – <https://amzn.to/2LgPCor>*.

Search the internet for images that represent what you want to achieve or manifest and print them. You can also look through magazines that feature what you want and cut out the pictures that most closely represent your desires.

Before you start sticking the pictures to your board, arrange them so that everything that you want to include will fit.

Get creative with your vision boards because the more you get

your creative juices flowing the more you'll develop your ability to visualize what you want to create, which is a powerful way of attracting what you desire into your life.

If you want a more portable version of vision boards, you can create a vision book. When I moved from the UK to the US I created a vision book so I could take it with me on my travels. You just need a binder and you can create a separate page for each of your intentions. Just stick your pictures onto plain paper and use your colored pens to add writing, or you can create each page on your computer with words and pictures and then print them. Easy!

Are vision boards an effective tool for helping you believe in yourself?

One use of vision boards is to place accomplishments on them. It's easy to forget about events and achievements that happened earlier in our lives. Keeping spots on the vision board dedicated to them will serve as a reminder. Think back to what you accomplished in high school and college and everything you've done since then, right up to the present day. You'll be pleasantly surprised at what you've achieved and it'll be a big boost to your self-confidence.

Having a constant reminder of your accomplishments helps to strengthen your belief in yourself. Each accomplishment will help you remember what you went through to get it and this can help you with your future accomplishments. Going through this exercise will give you the confidence to tackle anything you set out to do.

How to Get the Most Out Of Your Vision Boards

There are no right or wrong answers when creating a vision board. It just needs to work for you. If it doesn't, you should figure out why and adjust as you see fit.

Vision boards need to be placed where you are able to see them as often as possible. Think about where you spend most of your time. If you are at home most of the day, place them in the room that you occupy the most. If you are out most of the day, you can hang them in your bedroom so you can study them when you wake in the morning and before you go to sleep at night. By studying them before you sleep, you will activate your subconscious mind to work on ways to manifest your intentions and will wake with inspired ideas about the action you can take to bring them into your life.

If you travel a lot, create a vision book as I suggested above, so you can study it while you're on the move or staying away from home.

Visualization is one of the most powerful ways to accelerate the manifestation of your desires and having a vision board to regularly remind you of what you want to create in your life will keep you on the right track to achieving your dreams.

If you want more tips on how to manifest your dreams and create unlimited success in your life, you can get a free copy of my eBook *Dream Achievers Success Kit* at TheSuccessAlchemist.net.

Let me know in the comments if you use or have used vision boards and the results you've got. I'd love to hear about your experiences.



Jan Shaw – [The Success Alchemist](#), is a Spiritual Empowerment and Intuitive Success Coach specializing in mindset and manifestation and can be found at www.thesuccessalchemist.net. She delivers intuitive guidance, spiritual and metaphysical teaching, plus life strategies, to support you in fulfilling your Soul Mission and Life Purpose. Get your FREE copy of her [Dream Achievers Success Kit](#) or apply for a complimentary [Success Strategy Session](#). Her book Empowered Manifestation is available on [Amazon](#). Visit her [YouTube Channel](#) for more tips, tools, and training. You can also visit her [Facebook Page](#) and join her Facebook Group, [Breakthrough to Brilliance](#). Jan also hosts the Cosmic Creating Show – [listen to the recordings here](#).

* Please note: The Amazon links above are affiliate links which means I get a small commission if you buy your vision board supplies by clicking on these links.