

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. Find out the pros and cons of vision boards and how you can use them effectively to help you manifest your desires and achieve your dreams.