

Creating a Vision Board

When big changes come beating down on us, we lurch into reactive mode, responding only to what is in front of us, dog paddling to stay afloat. A lot of energy is used in that effort.

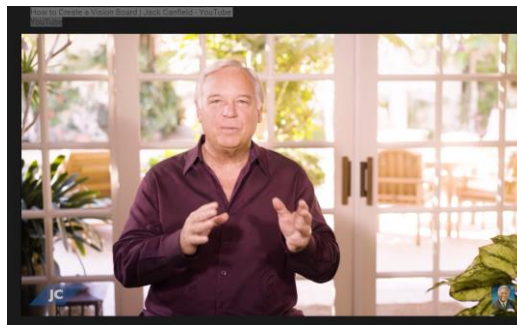
This is an optimal time to shift your attention to what you want in life.

Because our minds think in images, a vision board is a fun way to generate thoughts about what we want to see, feel, experience, and have.

You simply cut out pictures from magazines, clip art, symbols, photographs, words, and phrases of experiences you want in your life, people you want around you, and so on—and paste them on a board and hang it somewhere that you'll see every day.

Start collecting magazines, clip art, photographs, words, or phrases that you would like to add to your vision board. Think about both your personal and professional life. Collect for a while and then find yourself a space to lay out all that you have collected and cut, place, and paste without giving it too much thought.

It would be nice to share our vision boards at the beginning of the school year 😊



https://www.google.com/search?q=creating+vision+boards&rlz=1C1GCEA_enUS872US872&og=creating+vision+boards&ags=c_hrome..69i57j0l7.5454j1j8&sourceid=chrome&ie=UTF-8&safe=active&ssui=on#kpvalbx= Z9edXv 5Giv9-gS85Z-4AQ57