

VISION BOARD CREATION GUIDE

Created by

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Welcome, I'm so happy you're here! In this guide I've provided you with information, tips, and examples to help you through the process of creating your vision board. Enjoy this fun and expansive process, and get ready to start living the life of your dreams!

What is a Vision Board and Why Do I Need One?

A vision board is a collection of images and words that represent your desires for your life. When you look at these images you can actually see the things you want to materialize in your life; you can visualize them being real, and that's its power. This Board does not serve merely as a motivation tool, it communicates clearly with the subconscious mind, and the Divine exactly what you want.

Without a clearly defined detination, you'll never get where you want to go.

Step #1: Set The Scene

Take a few moments to setup your space and your mindset before getting started. Beginning this activity from a place of serenity, love, and abundance is going to make this activity more effective (versus coming from a place of fear, lack, or desperation). Get excited about connecting with your desires, your heart, and your purpose.

Find a setting you'll be comfortable in. Incorporate some aromatherapy or crystals to help you feel focused and empowered. Put on some music, pour some champagne - whatever helps you get into a positive mindset and vibration.

You may also want to cleanse the energy of your space before starting. Smudging involves the burning of plant material and using the sacred smoke to change the energy of a space or being. Two of my favorite smudging tools are white sage (*Salvia apiana*) and palo santo (*Bursera graveolens*).

White Sage is traditionally used in many Native American tribes to cleanse energy - it helps to cleanse all energy (negative energy, positive energy, and stagnant energy), it's like hitting the energy reset button. Smudging with Palo Santo is a South American tradition, and it too cleanses energy, but it actually transmutes negative energy into positive energy, and helps to call in blessings. You simply ignite the end of a dried sage bundle (or even just a small piece of dried sage), or a palo santo stick and guide the smoke around your space and yourself to cleanse the energy. Set an intention for purification, stay focused, and connect to the Divine while you smudge. If you prefer not to involve an open flame or smoke, you can also use a smudging spray incorporating the essential oils of white sage or palo santo and use that instead. The BASIC Meditation Mist, for example, is ideal for this use.

Continued on next page

Step #2: Clarify Your Desires

If you already have your list of intentions, you're ready to skip to the next step! If you need help getting clear on what you actually want in life, start by asking yourself what you'd like your life to look like in one year, 5 years, and 10 years? Consider all areas of your life: finances, career, relationships with friends, family, romantic partners, travel and adventure, etc. Write down 3 intentions for each of those areas, for each timeframe. This is when being alone and having the proper, supportive scene set up is helpful. As you dive into your heart, be honest with yourself about what you truly want. Once you think you have an idea of what you want, go deeper and ask yourself why you want that. Then, close your eyes and visualize yourself having what you want. Imagine not only having what you want, but having the reasons that you want those things being met too - what does that feel like?

The more intimately you can understand not only what you want, but why you want it, and how it feels to have those things, the more effective your vision board will be.

Note: I want you to really think about what YOU WANT, not what you think you should want, what your parents or friends tell you should or shouldn't want, or even what you think is possible - but what do YOU actually WANT?

Step #3: Find Words & Images That Represent Your Desires

The images you choose may be a literal representation of something you want; for example, if there's a specific car you want or school you want to attend, having pictures of those specific things is great. For some things, however, the images may be a general representation of what you want; for example, I want to write a book one day, so I have an image of a woman at her book launch party. Does she look exactly like me or does her book cover look like what I want? Nope! But when I look at that image I feel what it would feel like to have that experience, and that's all that matters.

You can also incorporate words into your vision board. For example if you want to make a certain amount of money, you can have that amount written out on your board. If you want to live a luxurious lifestyle, you can write the word "luxury" in a script font to exude that feeling.

The primary purpose of what you choose to include is to give you the feeling of having what you desire.

While you can use different words to represent different intentions, I suggest that you just use one word for something - not a sentence. A vision board is meant to be something that the subconscious mind can quickly scan and be reminded what it needs to be seeking. If it has to pause the scanning of images to read a message, you'll lose effectiveness.

This often and easily becomes the step in the process that goes from fun to work with a quickness - so remember to keep it light. Give yourself just a few minutes on Google Images or Pinterest to find the image/word/or symbol to represent something. You can always change it if it doesn't feel right. Avoid spending too much time on any one representation or you'll lose momentum. For each image you find to represent something, get excited, give gratitude for it, smudge, toast yourself, do a little happy dance - celebrate the moment in your own way, and keep going.

Step #4: Create Your Vision Board

If you have your photos in hard copy (either magazine cut outs or printed out from the computer), you can arrange them on a cork board or poster board as you see fit. If you have your images saved digitally, a couple of great tools to use are Word and Canva to arrange them as you choose. When you create your vision board digitally, you can print it out and display it somewhere, and you can also display it digitally (we'll cover how to do that in the next step).

Again - this is supposed to be fun. Try not to get too attached to the placing of the images, just relax and go with the flow. Having them on there is the most important part. I would suggest, however, that you place them with intention. What i mean is, as you choose a spot for a photo, bring to mind what it's representing, why you want it, and how it feels to have it. Thank the image for being your connection to those feelings, and place it where you desire.

Step #5: Display Your Vision Board

If you print out or create a physical vision board, I recommend displaying it somewhere you'll see it often. Over the past few years I've tried out several locations of my boards - I've had one in my kitchen, on my desk, and even where I work out. My favorite place has been on the wall by my bed. Its the first thing I see in the morning and the last thing I see at night, which helps me really connect with it on a subconscious level.

If you have your board saved digitally, make it the screen saver on your computer or on your phone. Keep it in a place - or several places - that you'll see regularly.

Step #6: Refer To It Often

Each time you see your vision board, give yourself a moment to feel what it feels like to have those things. Sometimes I'll make this a deliberate practice where I'll meditate on the images and the feelings of having them (like before bed). Most of the time, I'll simply catch a glimpse of my board throughout the day, and just pick one image to *feel* about for a moment before moving on. Find whatever works for you. Try not to set too many rules about this, keep it light, and just let your board be a regular reminder of where you're headed. See yourself there. *Feel* yourself there. And then move on with your day.

Step #7: Surrender Often

Do not obsess. You have a clear vision of what you want, you know why you want it, and you can feel what it feels like to have it. That's all you have to do. The how and the when is not up to you. Surrender them. If you find yourself obsessing over the how or the when, come back to your visualization of having what you want - KNOW that it is happening in a way and in a timeframe that is for your highest good.

Wishing you all that you wish for yourself!

With love and gratitude,

Robin Angela

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VISION BOARD CHECKLIST

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7 STEPS TO CREATING A VISION BOARD

1. SET THE SCENE
2. CLARIFY YOUR DESIRES
3. FIND WORDS & IMAGES THAT REPRESENT YOUR DESIRES
4. CREATE YOUR VISION BOARD
5. DISPLAY YOUR VISION BOARD
6. REFER TO IT OFTEN
7. SURRENDER OFTEN

*Loving this checklist? Check out my in-depth Vision Board Guide at
robinangela.com/resources*