

## *Vision Board Process*

I am so excited you are creating your vision board!

A vision board is a collage of pictures and words, designed to spark your motivation. This collage can represent a combination of any number of things. You get to decide what goes on your board.

Consider:

Who are you?

What are you doing?

What do you look like?

What are you enjoying?

What do you want to have?

You can focus on one year in the future. Ten years. Even your 80-year old self. You get to decide.

You may choose to create a vision board that represents your life in general, or perhaps one that represents one specific area of your life.

## **Suggested Process:**

**Step One:** After you've selected your vision board focus, write down anything you can think of that matters to you relative to this area of focus. These thoughts do not have to be organized. This should be a brainstorm.

**Step Two:** Collect images, words and themes from magazines or from the internet. As you page through magazines, you may be looking for specific things, or you may simply come across something that

**Step Three:** Glue your images, words and themes to a poster board.

**Ongoing:** Add to your vision board periodically.

**Notes:**

## Would you like support on your journey?

Consider signing up for my 8-week online course, Midlife Makeover? Learn more at [www.aletanorris.com/midlifemakeover](http://www.aletanorris.com/midlifemakeover)



Or perhaps you'd like to join a community of like-minded women who are committed to making progress. Learn more about my monthly membership community, Accountability and Friendship for Success, at [www.aletanorris.com/AFSMembership](http://www.aletanorris.com/AFSMembership).

