



# HOW TO CREATE A VISION BOARD



**COSMIC SANCTUM**

*Your portal to inner healing and love*

A vision board is a powerful tool that can help you manifest your dreams, goals, and desires by visually representing them.

It serves as a daily reminder of your aspirations and can motivate you to take action toward achieving them.

Here's a step-by-step guide on how to create your own vision board.

## Gather Your Supplies

You'll need the following materials to create your vision board:

- 1. A Poster Board or Corkboard:** Choose a size that suits your preferences and provides enough space to display your images and words.
- 2. Magazines or Images:** Collect magazines, newspapers, or printouts of images and words that resonate with your goals. You can also find images online and print them out.
- 3. Scissors:** Use scissors to cut out the images and words you want to include on your vision board.
- 4. Glue or Tape:** Securely attach your chosen images and words to the board.
- 5. Markers, Pens, or Stickers:** Optional materials for adding your own affirmations or personal touches to the vision board.

## Start Creating Your Vision Board

- 1. Arrange Your Space:** Find a quiet, well-lit space where you can work comfortably. Lay out all your materials within reach
- 2. Select Images and Words:** Begin by flipping through magazines or sorting through your printed images. Choose those that resonate with your goals and make you feel inspired and motivated.
- 3. Organize Your Vision:** Start arranging your selected images and words on the poster board. There's no specific order; you can group them by category or place them randomly. Trust your intuition.

**4. Add Personal Touches:** If you have personal affirmations or quotes that resonate with you, write them on the board or use stickers to include them.

**5. Visualization:** As you place each image or word on the board, take a moment to visualize yourself living your desired life. Feel the emotions associated with achieving your goals.

**6. Balance and Aesthetics:** Aim for a visually pleasing arrangement. Ensure that your vision board is balanced and organized in a way that resonates with you.

## Display and Use Your Vision Board

- 1. Find a Prominent Location:** Place your vision board in a location where you'll see it daily. This could be in your bedroom, office, or any space you frequent.
- 2. Review Daily:** Take a few moments each day to look at your vision board. Visualize your goals and feel the positive emotions associated with them.
- 3. Take Action:** Your vision board is a powerful reminder of your goals, but it's essential to take actionable steps toward achieving them. Use the motivation it provides to drive your efforts.
- 4. Update as Needed:** As you achieve goals or as your aspirations evolve, don't hesitate to update your vision board with new images and intentions.

Creating a vision board is a creative and empowering process that can help you stay focused on your dreams and bring them closer to reality.

By regularly engaging with your vision board, you'll harness its positive energy to manifest the life you desire.