

## Staying Motivated: Creating a Vision/Motivation Board



A vision board (or motivation board) is a tool used to help clarify, concentrate and keep focus on a specific life goal. It displays images and words that can act as a way to keep your attention on your intentions. This collection of images, illustrations and words are intended to be a visual representation of the life you want. When you can imagine your new life, you will think about it. The Law of Attraction says that you draw into your life the things that you think about the most. So a great way to stay motivated on your journey to your goal is to have a visual reminder of how you imagine your life will be upon achieving your goals. Grab some poster board, some magazines, a pair of scissors and some glue and follow these tips to help you create your own personally motivating vision board!

- Put thought into it. Choose images, words and affirmations that mean a lot to you. You should feel an emotional connection to the words and images in your vision board when you look at it.
- Keep it **POSITIVE!** Frame everything in the present tense and make it a statement that reflects the best version of your life; your **IDEAL** life.
- Put your completed vision board somewhere that you will see it every day. Take the time each day to look at it and meditate on it - **BELIEVE** all the images and words are true.
- Be specific - if your goal is to travel, don't just find a picture of a plane. Choose something to represent the exact trip you are wanting to take!
- Another alternative to a vision board is to create a vision journal. Pick up an artist's sketch book and keep adding images or words that you find inspiring and make a habit out of taking some time every day to go through your book. This is a great option for people who find their goals evolving as time goes on.

Source: [www.fitandglamorous.com](http://www.fitandglamorous.com)