

# Making Your Own Vision Board

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# What is a Vision Board?

A dream board or vision board is a collage of images, pictures, and affirmations of one's dreams and desires, designed to serve like a source of inspiration and motivation.

# Things To Think About Before You Make Your Board

- Do you want to make a vision board with a group or for yourself
- Talk with your supports about your dreams, goals and desires
- Do you want to make one board for many goals or just focus on one goal
- Who can support you with your goals and putting your vision board together
- Decide what materials you would like to make your board

# What If You Don't Have A Board?

You can use:

- A Journal
- A Binder
- A Book
- A Box
- A Jar
- An envelope

# Digital Vision Boards

- If you don't want to gather all the materials for a physical vision boards
- You can make a board on Pinterest or Canva
- These can also be put on your phone on computer to remind you of your goals
- You can also print out your digital vision board and put it on your wall, mirror or refrigerator

# Things To Put On Your Board

You can use:

- Words
- Pictures
- Both

# Ways To Use Your Vision Boards

- Celebrations
- Accomplishments
- Dreams
- Goals
- Affirmations

# Have Fun

No matter what kind of board you do the important thing is to have fun. Feel free to share your boards with me at [sandrews@sanys.org](mailto:sandrews@sanys.org)