

Vision Board Planner 2021

What is a Vision Board? A vision board is a place where you capture what you desire for the coming year. This can be anything from material things like a new car to non-tangibles such as health aspirations, relationship goals and more.



How Does It Work? What you focus on expands. That's true whether that intention is perceived positive or negative. A vision board, when used correctly, helps to raise your subconscious vibrations to attract your desires towards you.

How Is A Vision Board Used? Science backed research has shown that envisioning something is very close to the actual act of doing or experiencing something as perceived in the brain. Your vision board is your tool to enhance your vision in every day life.



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2021

Steps

- 1. Begin by forming your focused vision** for the year ahead. Choose 4 to 7 categories, either from the categories list on page 4 or your own. Keep your categories below 7 so you can maintain a clear vision.



- 2. For each category you've chosen write specifics of your vision.** What is it? Why do you want it? How do you want to feel? What specific outcome do you desire? What is the color? By when do you want the result? Who is involved. Be specific with details.



- 3. Decide what type of vision board you want.** It could be on poster board, a bulletin board, pages of a notebook, a sheet of paper or created digitally. Create it so that you will be able to see it each and every day at least once.



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Steps

- 4.** **Gather images,** quotes, even fabrics and materials (if you are doing a physical vision board). Make sure you connect strongly with each item you collect for your board.



- 5.** **Create sections** on your vision board representing your chosen focus areas. It can be very organically chosen or structured. Do what feels right and natural to you.

- 6.** With intention to each of your focus categories, **place your items** on your board. As you place the items, visualize your outcome or desire. Take your time, close your eyes and picture the vision as if it were already true. Once you're happy with the placement, secure the picture and items in place.



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Categories

Books

Career

Community

Family

Friends

Health

Home

Income

Love

Parenting

Personal Development

Pets

Self Care

Spiritual

Vacations

Wealth

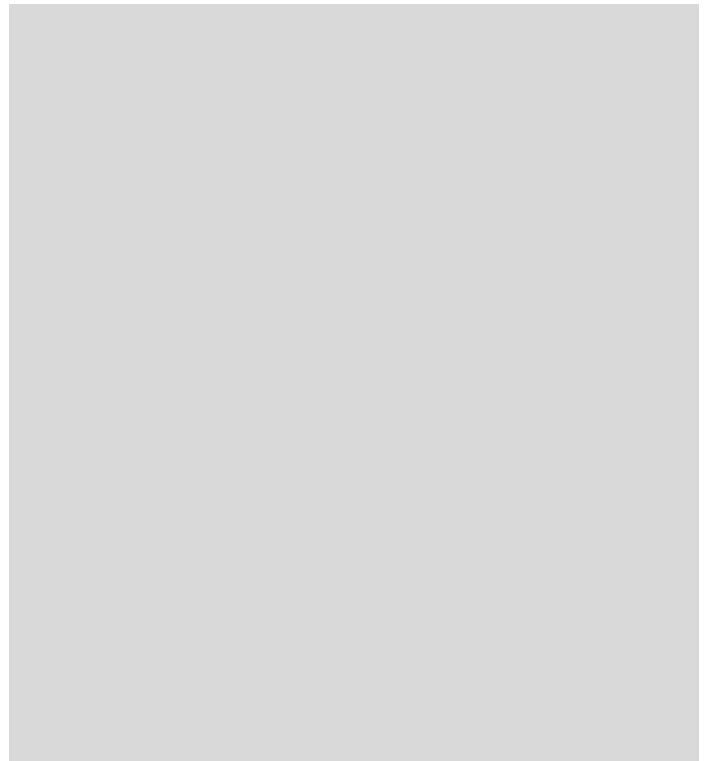
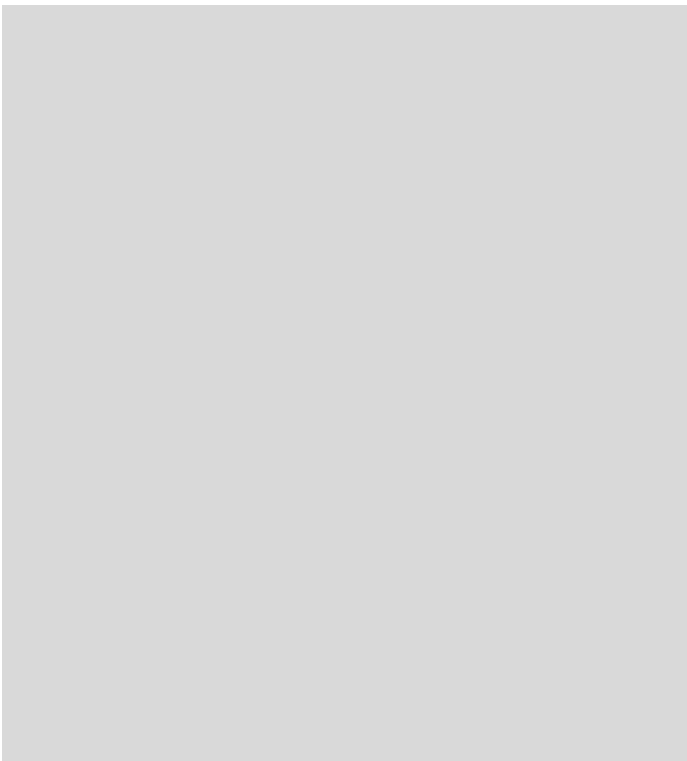
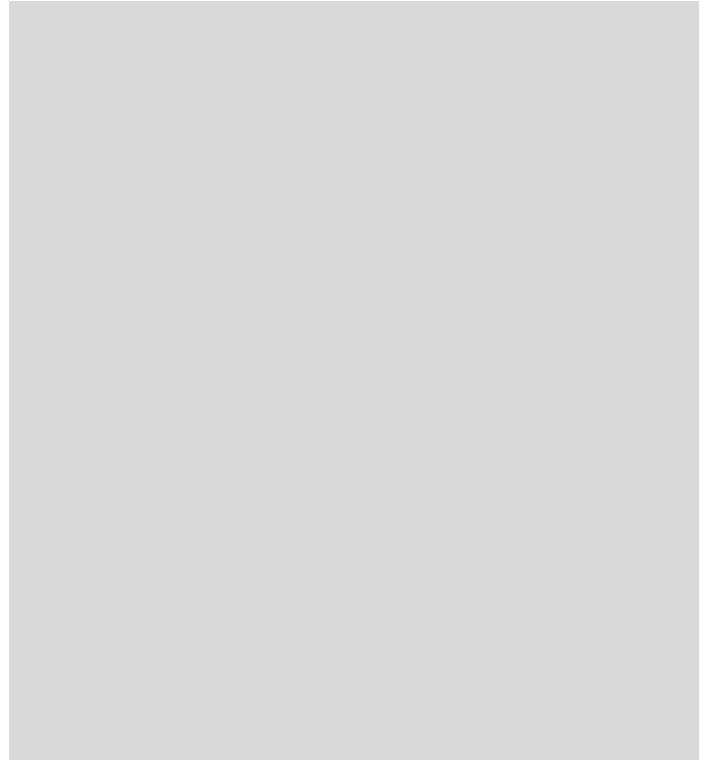
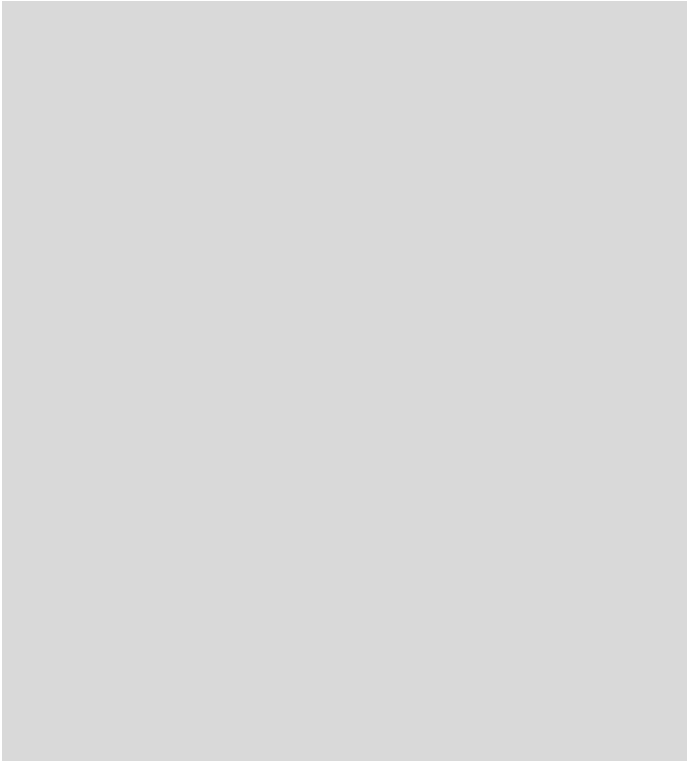
Well Being

My Categories

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My Focus Areas



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My Focus Areas

