

How to build a vision board and achieve your dream goals

Law of Attraction

I developed my first vision board at 24 after reading *The Secret* by Rhonda Byrne and learning about the Law of Attraction. It blew my mind! I still go back to that book and the subsequent film to remind myself at times. I have bought the book for several people simply because it worked for me.

I remember frantically cutting out images from magazines and also thinking of what I wanted to do in my life, travel more, meet someone who loved going for posh dinners and I wanted to move into the centre of London and see more gigs. I also wanted to be on the TV channel QVC as a guest presenter for beauty.

A month after I developed that board I met my now husband – and guess what? He loved music, travel and fine dining! I ended up moving into the city and managing a spa and my whole life changed. QVC? It didn't happen then, but I did do it when I was 34.

Before doing that board, I was lost and a little despondent. By developing that vision, I had something to work towards and like a magnet started to attract everything that would deliver.

Having been through another life changing time, changing my career, well taking a side step, I now understand a little more behind that vision board so wanted to share how I create my board based on my coaching knowledge and experience with creating my own and seeing it come alive.

How to create a vision board

Firstly, I have created a little sheet for you which you can download, cut out and use to pin on your board. Here are the key steps ;

1. In the centre of your board place the diagram of the WELLNESS WHEEL. This demonstrates all of the areas in your life that impact your overall feeling of wellness and therefore health and happiness. I strongly believe you need to think of each area and what you want from it. As this is at the centre of the board you can then find images relating to each section and place around the circle. For example – ENVIRONMENT. You may want to buy a new house so you can pop a picture of the house of your dreams next to that section.
2. Cut out the VISION STATEMENT. This can be placed at the top and centre of your board. Your vision statement is where you are heading. So for example, 'I would like to be living in our own dream home, earning a 6 figure salary and feel at my optimum fitness'.
3. Cut out the GOALS. These three goals should be SMART goals that demonstrate that you are living the vision. Example, 1. Buy a four bed house with garden, garage in xxx suburb. 2. Earn 6 figure salary 3. Exercise 4 x per week with a mix of F45 and yoga and stay in my current size trousers. This can sit to the right of your vision statement.
4. Cut out the values. In here add in your top 6 values. I have also created a values sheet to help with this too!
5. After this just go nuts with your images and create the life of your dreams.

Where should you put your vision board?

I personally have my board in my home office, and I regularly look at it to remind myself of where I am going. I sometimes add in a financial goal, you can download a secret cheque from their website. I always create a schedule of how I want my days to look like – I add this too. It's really yours to play with. You may have it in your bedroom or on the inside of a cupboard door – the main thing is that you need to empty everything in your head on to that board. By doing this, you are clarifying what you want out of your life and you start to attract it like a big magnet.

So, what are you waiting for? Get creating!