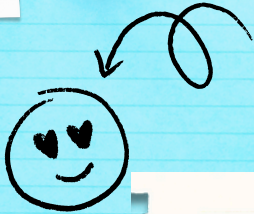




How-To Make A Positive VISION BOARD

01



Gather Materials

- A board or large piece of paper
- Magazines, printed images, or photographs
- Scissors
- Glue, tape, or pins
- Markers, pens, or stickers

Don't overthink it! Put whatever makes you feel better on the vision board

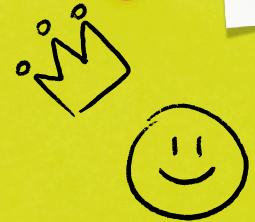
Images

- Look through magazines or print out images that represent your goals and dreams. This could be pictures of places you want to visit, quotes that inspire you, or images that represent your passions. Anything that brings you joy!

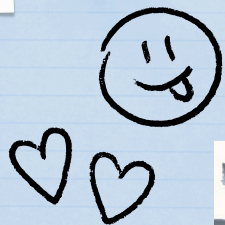
Set Your Intentions

- Reflect on what you want to achieve or focus on in your life (ex: personal goals, career aspirations, or positive habits)
- Think about the areas of your life you want to improve or expand (ex: health, relationships, or hobbies)

02



03



04



TIP:

Arrange your images before gluing them down

Put It Together

- Start placing your images and words on your board and arrange them in a way that feels right to you.
- Create sections for different areas of your life, or mix everything together if that feels better.