

# Elise Arsenault

*Your Performance Coach*

workwithelise.com

## Creating Your Vision Board

- 1.) **Gather** materials:
  - a.) Poster board, bulletin board or other board of choice
  - b.) Scissors
  - c.) Glue Stick
  - d.) Magazines (all varieties, the more inspirational the better!)
  
- 2.) **Reflect** on where you are coming from...
  - a.) What successes have you had this past year?
  
  - b.) What are some disappointments?
  
- 3.) **Plan** for the year ahead...
  - a.) What area(s) of your life and/or career would you like to improve upon in the year ahead?
  
  - b.) Describe how you want to feel once these areas of your life or career are improved.
  
  - c.) Use the description of how you want to feel (noted in 2b) to fuel your search for images and words for the vision board. Begin browsing magazines for inspiring pictures and words in line with what you hope to attain in the year ahead. Find and cut out pictures and words that bring you joy and that align with these areas to improve and feelings related!
  
- 4.) **Place images on the board** where they feel fun and inspirational. Group in themes or use your creativity to group images and words in a way that will uniquely inspire you. Once satisfied with the placement **go ahead & glue!**
  
- 5.) Finally **Post your Vision Board** in a prominent spot where you can look at it on a daily basis. Favorite spots include (wall in office space, inside door of clothes closet and on vanity in bedroom).