



# A Guide to Vision Boarding

Take the words from your Future Vision Statement and put them into images that will inspire you every day. Follow the steps below to make your Vision Board, then hang it somewhere that allows you to see it regularly. Every time you look at it, you want to feel a boost of confidence that inspires you to reach your goals and dreams that you want to see realized in your life.

- **Find images that speak to your goals.**

Look through magazines, pamphlets, online, etc. and find images that speak to you, whether it makes sense at first or not.

- **Cut out and collect.**

After you get a sense of what you want and what you like, find the image that best represent the goals or dreams you have.

- **Arrange them.**

Use a piece of paper, bulletin board, or magnet board and arrange all your images. Try different arrangements, find the one that seems to be the most pleasing to you, and then glue them, pin them, or tape them to your vision board.

*“Create the highest, grandest vision possible for your life, because you become what you believe.”*

— Oprah Winfrey —



www.youniquefoundation.org  
questions@youniquefoundation.org  
801-653-3957

the  
**younique**  
FOUNDATION