



Linda and Jenny working on their vision boards



A completed vision board

Give Yourself The Life Of Your Dreams: **CREATE A VISION BOARD!**

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Imagine that someone offers you a key to a fascinating world where all your hopes and dreams come true with little effort on your part! A Vision Board can do that, and you can create it yourself! Using images and pictures representing places you want to go, people you want to see, or things you want to achieve, you craft a new vision for yourself. If you have never heard of a Vision Board, Google the term to find a long list of references including an Oprah Winfrey endorsement.

In its simplest form, a Vision Board is a collection of pictures, words, and quotes used to form a collage on a piece of construction paper. These images and words capture what matters to you now and what you want to attract into your life. Were you aware that your subconscious mind brings you what you privately think? Yet, without a positive focus, your subconscious picks up and manifests your fears, resentments, and dire future predictions. That is why the Vision Board is so powerful. It **can** positively align you with what you envision. Art therapists call it your “inner child” which gives voice to your creative self. The spiritual among us call it a way to activate your Soul’s Plan.

I was first introduced to this process at a New Year’s Eve party. In addition to tasty libations, we were treated to a table filled with pictures and quotes from multiple magazines. These were laid out for us to choose and create our ideal plan for the New Year. Little did I know that ten years later, **every** picture I chose would come true, including marrying a wonderful guy and living in a rural area. The picture I had pasted on my board was a scene of a couple standing in front of a log cabin!

Other changes I envisioned came true as well. My renewed piano playing became a reality when I chose a grand piano picture! Teaching in Pediatrics at the time, I had quotes and pictures that required I write a book about children. *Children in Distress* was published! How in the world, with no obvious work on my part, did these things come to me? By looking frequently at my collage, I activated the Law of Attraction, and the rest is history.

This spring I created an updated vision board after surviving two heart attacks. I wanted to focus on this life chapter of *borrowed time*, making it meaningful and different than the previous. The impetus for the collection of updated pictures and quotes was a trip to Arizona with a friend who had just lost the love of her life to cancer. Perhaps a vision board would allow her to look for meaning in the rubble of her grief. As we sat together at her kitchen table, we each imagined a fresh life unfolding on a vision board.

This may sound easy, but I have learned that most people don’t know where to begin. So, here’s a step-by-step guide to creating your Vision Board. First, gather pictures and quotes from magazines, and pamphlets or copy quotes and images you love from other sources. Include pictures of grandkids, family members, and even friends! Throw them in a bowl and keep adding what appeals to you. For computer-savvy folks, pick some images from Pinehurst!

It’s important to choose what resonates with you **now** and what you want in the future. My cutout titles included: **I Choose Life** and **Your Second Wind Has Arrived**. The quote that spoke to me was **“No need to hurry. No need to sparkle. No need to be anybody but Oneself.”** My pictures included my three grandchildren with whom I wanted



Linda with her Vision board

more time; a book that needs revising; and the word: **Achieve** accompanied by two doctors and a stethoscope. I wanted to reconnect with my Medical School colleagues!

My updated vision board

was created in April, and my grandson has already spent two weeks with us for the first time in his life! I attended a UNR Medical School continuing education event and consulted on a project for better patient end-of-life care. Finally, I included a picture of a house with the caption: **There's Room on the Cutting Edge**, indicating my desire to simplify. That is still a work in progress! It's important to combine the use of a Vision Board with practical actions to turn your dreams into reality.

While we may not consider ourselves artists, we are in the business of creating our lives. Each is here to bring to life something unique to us. What are the challenges that occupy your thoughts these days? What are the most important issues you might like to explore? In effect, vision boards are a form of visualization, a technique used by performers, athletes, and successful individuals to mentally rehearse their achievements before they happen. If this sounds too all-encompassing, you could envision a specific home improvement and find a picture of that addition, such as a front porch or garden. Keep it visible and watch the resources that come to you! Why not create a life that sparks something novel or has a personal impact?

I am confident that what makes a vision board or any therapy effective, is the presence of a fellow explorer. This could be a friend or anyone who holds a mirror to your inner world, helps slow everything down, and joins you in processing whatever is reflected. Consider sharing this activity with your memoir group or artist/designer friends. While a Vision Board may or may not be magic, I will take it any day and anyway!

*All you ever longed for is
Before you in this moment
If you dare draw in a
Breath and whisper "Yes."*

~ Danna Faulds

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