

## January-Vision Boards

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Living with intention allows us to actively choose how to live our lives. It is much easier to engage in mindful, purposeful behavior when we set intentions and stick to our vision. A fun way to capture that vision is by creating a vision board. Vision boards are a concrete way to express the thoughts, ideas, and desires you want to manifest in the days ahead. They are a creative way to communicate goals and aspirations. Think of magazine collages, quotes, destination photos, personal mantras, glitter-whatever tools you choose, the goal is to represent your vision with images. Vision boards are often created on canvas and hung where you will see them. What matters is that you do the creating, it is visually pleasing to you, and it represents a vision for part (or all) of your life.

The hope is that your vision board has the same effect as when you get a new car. You never notice your particular make and model until you purchase it and suddenly you see them everywhere you go. It happens because, subconsciously, your brain adds it to the list of things to notice. Focusing on the images on your vision board will hopefully attract those things into your life, in turn helping your vision become reality.

So, how do you get started? Grab a canvas and gather your supplies. Cruise Google for favorite quotes, and striking images. Carve out time to be still, be open, and reflect. Reflect on what you want to accomplish, learn, acquire or achieve. Don't forget to really consider all aspects of your life. Your board can focus on one small piece of your life (career, family, finances, self) or your life in general. Once you feel ready, let the creative juices flow!