

## HOW TO CREATE A VISION BOARD



Creating a vision board is not just about setting goals; it's also about fostering a positive mindset, prioritising self-care, and supporting your overall well-being. Have fun with the process, and let your creativity shine!

Creating a vision board is a fantastic way to visualise your goals and dreams. It can help you stay motivated and focused on what you want to achieve, especially when thinking about your future.

### **Tips for Well-being:**

- Include goals that promote your mental and physical health
- Add positive affirmations to boost your confidence and resilience.
- Use calming and uplifting colours and images that make you feel happy and relaxed.

## Vision Board step-by-step guide:

### 1 Gather Your Materials:

- A large piece of paper, poster board, or corkboard
- Magazines, newspapers, printed images, or digital images
- Scissors, glue, tape, or pins
- Markers, pens, or coloured pencils



### 2 Set Your Goals:

- Think about what you want to achieve in different areas of your life, such as school, career, health, and personal growth.
- Write down your goals. Be specific and think about how these goals contribute to your overall well-being and align with your values and faith.

### 3 Collect Inspirational Images and Quotes:

- Look for visual representations of your goals and aspirations. These can even be your own drawings.
- Find quotes that inspire and motivate you. Verses from the Quran and quotes about positivity, resilience, and growth can be particularly powerful.



#### 4 **Create Sections:**

Divide your vision board into sections for different aspects of your life, such as education, career, health, and hobbies. This will help you organise your thoughts and keep your goals clear.



#### 5 **Arrange and Stick:**

- Arrange your images and quotes on your board. Play around with the layout until you're happy with how it looks.
- Once you're satisfied, stick everything down using glue, tape, or pins.

#### 6 **Personal Touches:**

Use markers or coloured pencils to add your own drawings, notes, and doodles. Make it personal and meaningful to you.

#### 7 **Display Your Vision Board:**

Put your vision board in a place where you will see it every day, such as your bedroom or study area. This will serve as a constant reminder of your goals and keep you motivated.

#### 8 **Reflect and Update:**

Take time to reflect on your vision board regularly. As you achieve your goals or as your aspirations change, update your board to reflect your current vision.

