



# Vision Board Workshop





Hello & welcome to the *2021 Vision Board Workshop*. I'm so happy that you're here!

I've been using vision boards since 2014 & have had great success with them, they're fun to create and they're a really powerful & effective tool to use alongside your goal setting to help you plan, absolutely smash your goals & create the life you want to live.

They also help you to get amazing clarity around your goals & dreams and they keep you focused and on track when you're surrounded by new shiny things & ideas all vying for your time & attention.

We're going to dig into your goals & dreams and get real clarity around them and we'll look at how to break your goals down into actionable steps, setting you up for success.

So, let's get started!

Create the highest, grandest  
vision possible of your life  
because you become what  
you believe.

OPRAH WINFREY





### What is a vision board?

A vision board is exactly what it sounds like, it's a visual reminder of what you want to achieve. Your goal is your vision & your vision is what your goal looks like in full colour.

It's a place to put all the things you want to achieve & it really helps you to focus in on what you're working towards.

### So, how does it work?

There is plenty of science behind how vision boards work, I like to think of it as magic. Vision Boards tap into the unconscious & creative parts of our brain as well as tapping into our emotions. This is also what makes it super effective. Visualisation has been used for many years by athletes to improve their performance, such as Michael Phelps who holds 23 gold medals. Oprah Winfrey also uses vision boards & visualisation. Visualisation is repeatedly imagining what you want to achieve in order to create & attract it.

So seeing what you want to achieve in pictures several times a day makes it much easier to visualise what you are trying to achieve.

This is also where emotions come into play, seeing what you want to achieve isn't quite enough, you need to feel it too. I know that sounds a bit odd but it works, how will you feel when you hit those goals & achieve your dreams. What will your life be like, how will it have changed? What will you wear when you've achieved this? Will you feel financially secure? Will you be able to spend more time with your family? How does that make you feel? Feeling those emotions is a really crucial part of creating a vision board & using it.

We'll look at the emotional side in more detail a little bit later on in the workshop, but for now, let's make a start on our goals!

*The secret of having it all  
is believing you already do*

DALAI LAMA





## Goal Setting

Goals- we all have them, most people have several goals, big goals, small goals, easy goals, challenging goals, personal goals, health goals, business or career goals, and each goal is as valid as the next. Your goal (or goals) is all about you, it may benefit your family, your local community or even the whole world, but ultimately it starts with you & what you want to do & achieve.

You probably already have a goal you want to achieve, maybe you have several goals & can't choose which one to focus on so you're attempting to achieve them all or you may not have an actual solid goal but more of a vague inclination, which is absolutely fine, we can work with that too.

So grab yourself a cup of tea & a pen. In the space below write out any goals that you'd like to achieve, it doesn't matter how big or crazy it sounds at this stage, just write it down!

A large, empty rectangular box with a light gray background, intended for writing goals.





Ok, so let's look at your list of goals. What have you got? One big goal? A few smaller goals? Lots of little goals?

So now let's look at each goal you've written down, why do you want to achieve it? What does achieving this goal mean for you? Does it light you up?

*Your why is super important,  
it's what keeps you going when times are tough*

If you have a few goals to go through it may help to make some notes as you go along.

Get a feel for your goals, you may decide, that on closer inspection that one or two of those goals aren't the right ones for you right now, in which case you can put them to one side so you can work on them at some point in the future.

A large, empty rectangular box with a dashed border, intended for writing notes or goals.



When setting new goals, take care to set process goals rather than outcome goals, this means that the steps will be achievable.

So rather than setting a goal like “I will post daily on Instagram” which is the desired outcome, you would instead:

- Research ideas for posts.
- Write a quick outline of each post.
- Take photos for 50 posts.
- Create any graphics.
- Research the hashtags.
- Write the captions.
- Schedule the posts.

Each of these is a process goal, fully check-off-able & each one takes you a step closer to achieving your larger goal.

You can also see the progress you have made towards completing your goal every time you tick something off on your list. Achievement is a great motivator!

It helps tremendously to break your largest goal down into mini goals & micro goals, for example:

For me to achieve my goal to be a successful designer, I need to:

- 1) Earn £30K+ a year through licensing & selling my artwork & designs.
- 2) Have my own range of manufactured products.
- 3) Work & collaborate with other companies & studios.
- 4) Renovate & decorate my home using my designs & artwork.
- 5) Have my work & home featured in home decor & lifestyle magazines.

These are the mini goals. they're still a bit large though and there are quite a few steps involved in achieving each one, so break them down again into micro goals like this:





To achieve the 'earn £30K+ a year through licensing & selling my work' goal I would need to:

Approach several companies or agencies.

To approach the companies & agencies, I have to have new & unseen work for them to see so I need to update my portfolio.

To update my portfolio I need to create 10 new collections (approx 100 patterns or placement prints).

To create the new collections I need to do lots of sketching, scanning my sketches, & preparing them for designing with.

In order to do the sketching I need to do some market & trend research, I'd also research the companies or agencies I'd be approaching to ensure we'd be a good fit for each other & to see what they already have on offer.

On the next two pages break your largest goal into mini goals, then again into micro goals. I find it's easiest to work backwards, one step at a time starting with your goal.

Always go with the choice that  
scares you the most, because  
that's the one that is going to  
help you grow.

UNKNOWN





WHAT IS YOUR BIG GOAL?

Now break your big goal down into mini chunks

MINI GOAL 1

MINI GOAL 2

MINI GOAL 3

MINI GOAL 4

MINI GOAL 5







WHAT IS YOUR MINI GOAL?

Now break your mini goal down into micro chunks

MICRO GOAL 1

MICRO GOAL 2

MICRO GOAL 3

MICRO GOAL 4

MICRO GOAL 5





## Visualisation & Emotions

So visualisation is key when it comes to achieving goals, it's a technique that has been used for years by professional athletes, Oprah Winfrey, Jim Carrey & many others. Being able to visualise the outcome you desire helps hugely when setting your goals & working on them. The clearer the picture the better. Visualisation does take a little bit of practice, but once you've got it sussed it's a really nifty little tool to have up your sleeve.

For today find somewhere quiet for 10 minutes & think about what accomplishing this goal would look like for you. What would it mean financially for you? Financial freedom? Would it take away the stress of making ends meet? Would it mean treats for your family or holidays to your dream destinations?

What clothes will you wear? What car will you drive? What sort of house will you live in?

It may feel a bit self-indulgent to think like this at first, especially when there are much bigger issues in the world at the moment, but I promise you that there is absolutely nothing wrong with wanting to change, improve & up level your life. It is perfectly ok to want nice things & it doesn't matter in the slightest what other people's opinions about what you 'should' want instead of what you actually want. Yes, I'd love to see world peace, but sometimes all I want is a packet of chocolate digestive biscuits, & that's ok.

Once you've got your basic idea of what it is that you want you can then add in more details, for this example we'll stick with the house analogy.

What sort of a house is it? Bungalow? Semi detached? Townhouse? 15 bedroom mansion? What does it look like from the outside? Brick? Cladded? Rendered? Stone? Does it have a front garden? a driveway? a garage or all 3? Is the driveway gravel or paved?

Get as detailed as possible. Go inside the house, what's the flooring like in the hallway? What does the kitchen look like? Are there any appliances on the worktops like a Kitchenaid mixer (I have one in my future kitchen).

Go through each room in your future home the same way, picture the details. Now, as I mentioned before, visualisation takes practice so don't worry if everything is a bit vague at the start, but the more times you repeat the visualisation, the more details you can add, this is amazing for gaining more clarity around exactly what it is you want & it becomes easier to tune in & focus on what you want to achieve every time you visualise.

There's one other key thing when it comes to visualisation - Emotion. You need to feel the emotions you will feel when you've achieved your goal, so sticking with the future dream house analogy...





How will you feel when you've just moved into your dream home? You're surrounded by boxes, the removal guys have just left. Are you excited to start life in your new dream home? Are you looking forward to decorating & making it YOUR home? Will you have the girls over for pizza & wine & you all spend the night in your new dream kitchen chatting, dancing, drinking & laughing? (My dream home has a huge kitchen). How does it feel?

It can be tricky working out how you think something might feel emotionally to you but this is where your personal experiences come into it. We've all experienced having butterflies in our stomach at some point, so we know what that feels like, imagine you've got butterflies in your stomach right now, you can feel them fluttering about causing your stomach to gurgle & flip a little then there's this little rush of excitement to top it off, make mental notes about this feeling so that you can use it when visualising. You can revisit times when you felt super successful like when you got the huge promotion at work, or the relief you felt when a difficult situation had been resolved, the happiness you felt on a day out with friends & family. Make mental notes about the feelings you have experienced, you'll be able to call on them whenever you're visualising.

Visualisation works by tapping into your unconscious mind & locking in these visualisations, you then begin to take action little by little leading yourself towards your goal. it's a bit like when you get a catchy song stuck in your head and you keep bursting into singing random lines of the song until you've heard the full song again. In every decision you make, that visualisation will pop into your head enabling you to make the right decisions to lead you towards your goal.

*Focus on the step in front of you,  
not the whole staircase.*

UNKNOWN



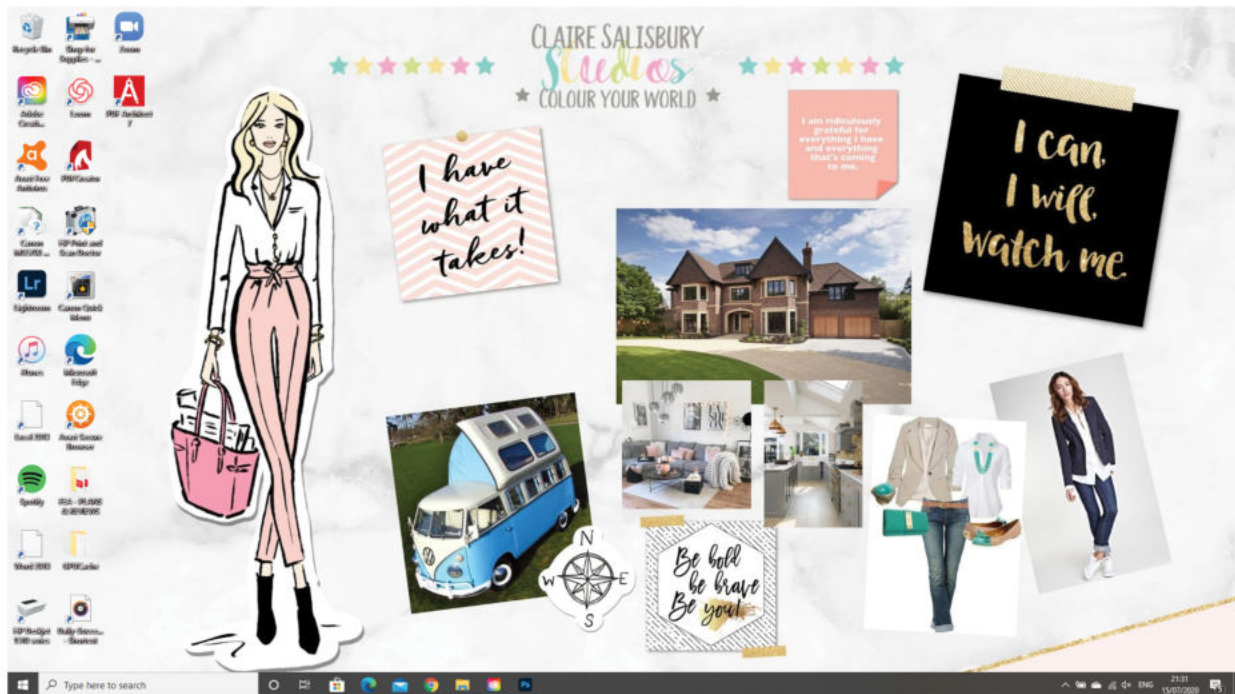


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# CREATIVE Sparks CLUB

I also have a digital vision board as the wallpaper on both my phone & laptop for my overall life goals - bigger house, dream kitchen, new wardrobe of clothes, a scoby van to travel around the UK in. Every single time I open my phone or my laptop I see them.



For my digital vision board I mainly used pictures from Pinterest - you could create your entire vision board on Pinterest if you wanted to do, just set up a new board & away you go & you can always set it up as a secret board so only you can see it. You can also use Canva (Canva.com) to create a vision board.

No matter whether you're doing a digital or physical vision board, you're going to need pictures, more importantly you're going to need pictures that represent your vision to you. Take some time to find pictures that represent your goal & the milestones you need to hit to accomplish your goal.

**What do you need to make your vision board.**

Something to use as your vision board, a sheet of A2 paper or card or a notice board, or a cork board or large picture frame or even a piece of wallpaper. A2 & larger pieces of paper can be picked up from local craft stores or places like The Range. Your vision board will be visible all year so you want to enjoy looking at it & for it to coordinate with it's surroundings.

Scissors

Glue Stick or double sided sticky tape

Fancy pins if you're using a notice board or cork board

A pen





# CREATIVE Sparks CLUB

You can pick up some stickers, stick on letters or decorative embellishments to add something extra to your board. Have a look in your local craft shop or a quick Google will bring up plenty of places you can pick some up from if desired.

You might want to find a quote or two to write on your vision board, something that really speaks to you or even just single words such as connect or nourish. Pinterest is filled with positive & motivational quote inspiration.



If you are creating a physical vision board, start sticking your pictures down (or if you're like me spend two hours arranging them first) Write a note of what goal the photo/picture relates to e.g. next to a picture of a card, folders & a notebook I'd write "create a stationery collection" then tick it off when it's accomplished, you can add the date you completed it too.

You want to leave some empty space on your vision board, as you'll want to have some room for unexpected opportunities should they arise. 12 months is quite a long time, anything can happen.

*I have the power to manifest anything!*  
IAMRUBY







### What happens next?

We've been through our goals & we've created our vision boards, so what's next? You want to put your vision board somewhere you can see it several times a day. If you want to keep your vision board for your eyes only, that is absolutely ok, just be sure to look at it everyday.

Whether your vision board is a physical board, a digital board or for your eyes only, you want to spend a few minutes each day not only visualising achieving your goals but really connecting emotionally to how it will feel when you've accomplished your goals. How will you feel? Happy? Relaxed? Secure? Ecstatic? Feel it all, right down the big Cheshire Cat grin you're going to have when you succeed.

My vision board is on a wall in my studio so I see it constantly, every time I leave the room or if I'm sat at my desk wondering what to do, I just glance to my right, look at my vision board & then I know what I should be doing. We all have 365 days of distractions, plot twists & shiny new opportunities to get through, it's so easy to forget what you set out to do.

You get what you work for  
not what you wish for

This bit is the hardest bit, actually doing what you need to do. It can feel daunting, uncomfortable & totally scary and it's so easy to fall in with thoughts of "not being good enough" & procrastination (just like I did with this workshop) When you notice you feel this way pay attention to what you're feeling, is it a really scared scared or is it an anxious, excitable scared? If it's the latter, put on your imaginary super hero cape or invisible witch hat, dive in & get it done, you'll feel amazing afterwards. If it's a scared scared feeling, dig a little deeper, why does it scare you? What about it scares you? What's the worst case scenario in this situation? Is it really as bad as you think? Quite often uncomfortable & scary feelings are a sign of growth, you're stepping out of your comfort zone so it's totally understandable if it makes you feel a bit uneasy & nervous, but once you see those feelings of fear for what they are you'll find it much easier to deal with them & navigate around them.





## Schedule & Creating A Routine

Your next step would be to schedule time to do the “thing” Set time aside to do the work you need to do, then stick to it. Create a weekly plan - I write my to do list every Sunday night. & make sure to leave a gap or two in your diary for if you need to catch up on something or if something unexpected comes up & you need to rearrange.

If you find you're struggling to find time to get everything done grab some paper or a notebook & write down everything as you do it & the amount of time each task takes, everything! It's amazing how much time a quick nosey on Facebook or 5 minutes on Pinterest adds up to a few hours over the course of a day (is it actually possible to only spend 5 minutes on Pinterest? It usually turns into an hour long looking at cute puppies & dogs - or is that just me?)

Once you see all of the things you do each day written down with how long each task takes you, it's easy to see where you have extra time or where you could pick up some time by tweaking your routine slightly.

Another way to make the most out of the time you have is by preparing for what you want to work on, So if you know that tomorrow you're going to be writing content for your blog get your notebook, pens, laptop, whatever else you need & get it ready by putting on your desk the night before, that way you can get started straight away the next morning without having to locate what you need or clearing your desk so you have plenty of room to work & you're already in your productive mindset as you know your purpose for the day.

*A little progress each day  
adds up to big results*







### Celebrating your success

This is an important part of the whole process, celebrating your success! Whether it's a huge win or a little win, they are equally as important as each other.

You are absolutely allowed to treat yourself when you accomplish a small step towards your large goal or the large goal itself, in fact it's recommended (by me). It doesn't have to be an expensive treat, it could be a small bar of chocolate enjoyed with a cup of tea, or a cupcake, just something to acknowledge your success.

This is actually a really positive, powerful thing to do because it makes you feel good & you succeeded, that feeling then motivates you to achieve more, then a whole waterfall of taking action & succeeding begins. You also get back what you put out there in the universe, so you're beaming happy, successful thoughts out and you're drawing more happiness & success towards you, it's totally win win. I tend to treat myself to chocolate or a bath bomb for small wins & for a larger achievement I sometimes chose a larger treat or reward, you've worked hard, you deserve it.

It really is about appreciating the whole journey rather than focusing only on the destination. Every time we do something new we learn something new and we continue to grow every single day.

What you think, you become.  
what you feel, you attract.  
What you imagine, you create.  
BUDDHA

I really hope you've enjoyed today's Vision Board Workshop and I can't wait to see your vision boards & what you all achieve!

If you'd like to connect on social media you can find me mostly on Instagram, Facebook & Pinterest @clairesalisburystudios

Wishing you lots of happiness, success & abundance

*Claire xx*

