



MAKE YOUR OWN MAGIC
Vision Board
WORKSHOP



Hey there,

Welcome to the Make Your Own Magic Vision Board Workshop. I'm so happy that you're here!

I've used vision boards since 2014 & had a lot of success, this years has actually been the most succesful yet, and today we'll look at how you can use them too.

We'll look at what a vision board is & how it works, setting goals that are achievable process goals rather than an outcome goal, creating your vision board, what happens next once you've made your vision board & finally celebrating your success one of the most important & fun parts!

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?

It's exactly what it sounds like, a vision board is 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.

A vision board is a place to put all of 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 brains as well as tapping into our emotions. This is also what makes it super effective. Athletes have been using visualisation to improve their performance for years 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.

Find some time for yourself, look at the goals you've already set & imagine, in detail, how you'll feel when you've accomplished your goal - including how you'll feel when you tick that goal off on your vision board - that's an ace feeling, I promise!

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

This year has so far has been interesting to say the least. I'm fairly certain that when we were excitedly planning our goals for 2020 & the new decade none of us foresaw this, a worldwide pandemic that required an almost global lockdown & quarantine.

Lets's start with our original 2020 goals, what were they? All the goals, plans, dreams & wishes, we need to go through them to see which ones are possible or even salvageable?

Have you already achieved any of them? Maybe you've had to pivot your business due to Covid 19 & your previous goals are no longer relevant & you need to set some new ones.

Looking at the ones we have that are still possible or at least salvageable, how does it make you feel? Excited? Do you get butterflies? Nervous? Sick? Or is it all just a bit blah? (doesn't make you feel bad but you certainly don't feel inspired by it).

The ones that make you feel uninspired or like it's going to be a real uphill struggle be kind to yourself & bench them for now, you can always revisit them later.

Ok, what have we got left? A big goal & a couple of smaller ones? Several smaller ones? One huge goal? Pick one, what do you need to do or what do you want to do? Need to do should probably take priority but you really might not be feeling it, in which case it's fine to take a "want to do" & by the time you've done that you may feel more up to tackling the "need to do" thing.

GOAL NOTES:



If you need to set 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 the 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.

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



Creating your vision board

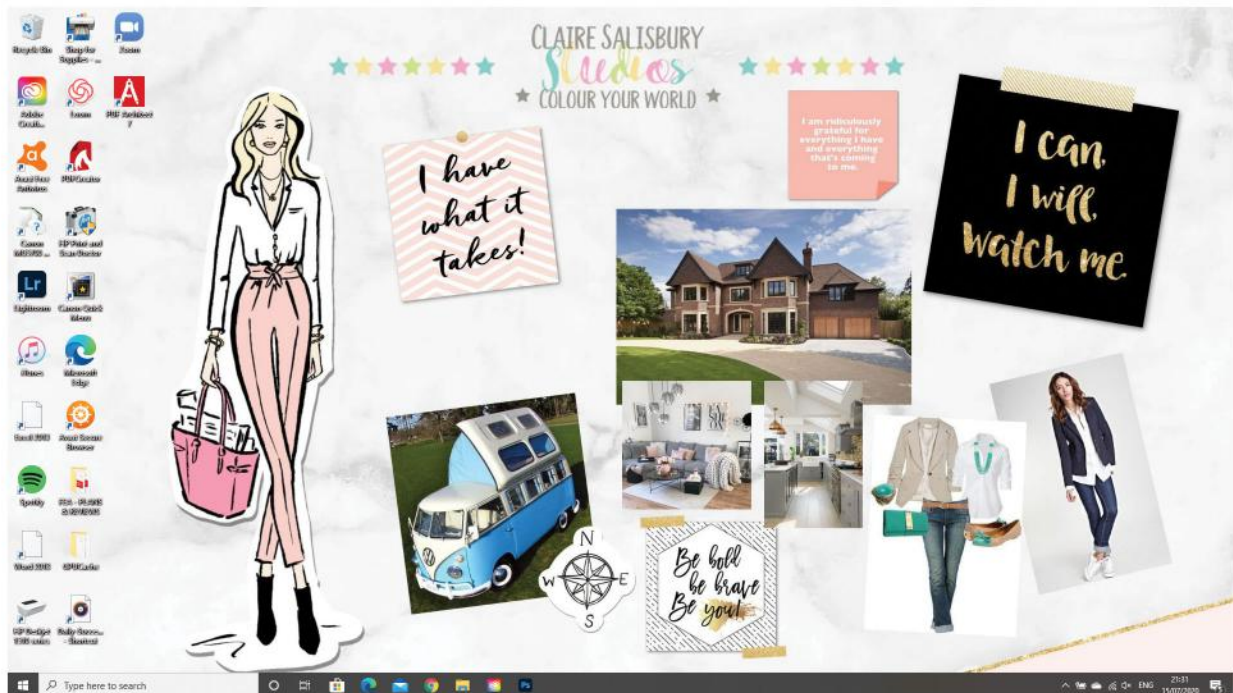
Your vision board can be a physical board or a digital one, whichever you prefer, it can be visible to others or hidden away for your eyes only, whatever works for you. (if you do keep your vision board out of sight don't forget to look at it daily - I will say this a lot).

I'm in the "I need to see it to do it camp" so I have a large A2 Vision Board on my studio wall, I see it probably hundreds of times a week & I get the biggest kick whenever I tick something off.



On this office wall vision board I've used a mix of pictures from magazines & catalogues, pictures of things I've printed off, like examples of my work. I've also used cards & stickers from my craft supplies.

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 scooby 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](https://www.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

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.

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 vision board/manifestation 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 the Make Your Own Magic Vision Board Workshop and I can't wait to see what you all achieve! I'd love to see your vision boards too!

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

